

Strawberries



Banana



Peas



Carrots



Apple



Fruit salad



Tomato



Pak choi



Sweetcorn



Cucumber



Apricots



Red pepper



Plum



Mushrooms



Wholemeal bread



Chapati



Wholemeal pitta bread



Baked potato



Porridge oats



Couscous



Noodles



Brown rice



Wholewheat spaghetti



New potatoes



Wheat biscuits



Yam



Wholewheat penne pasta



Egg



Chicken breast



Lamb kebab



Tofu



Baked beans



Grilled salmon



Lentils



Lean beef mince



Unsalted nuts



Plain yogurt



Unsweetened soya milk (fortified)



Semi-skimmed milk



Cheddar cheese



Oil



Spread



Jam



Crisps



Chocolate biscuits



Blueberry muffin



Water



Orange juice

