******Eatwell food list**

**Worksheet 156**

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| **Food group** | **Foods included in this group** |
| **Eatwell pie-2.psd**Fruit and vegetables | Apple, Baked beans, Banana, Broccoli, Cabbage, Carrots, Cauliflower, Cucumber, Fruit juice, Fruit smoothie, Kiwi, Lettuce, Melon, Oranges, Pears, Peas,Pineapple, Plums, Raisins, Strawberries, SweetcornFresh, frozen, dried, canned and juiced all count.  |
| **Eatwell pie-1.psd**Potatoes, bread, rice, pasta and other starchy carbohydrates | Bread: soda bread, rye bread, pitta, flour tortilla, baguettes, chapatti, bagelsRice, potatoes, breakfast cereal, oats, pasta, noodles, maize, cornmeal, couscous, bulgar, polenta, millet, spelt, wheat, pearl barley, yams, plantains. |
| **Eatwell pie-3.psd**Beans, pulses, fish, eggs, meat and other proteins | Meat, poultry and game including: lamb, beef, pork, chicken, bacon, sausages, burgersWhite fish (fresh frozen or canned) including: haddock, plaice, pollock, coley, cod, canned tunaOily fish (fresh frozen or canned) including:prawns, mussels, crab, squid oystersNuts, eggs, beans and other pulses including: lentils, chickpeas, baked beans, kidney beans, butter beansVegetarian meat alternatives e.g. tofu, micoprotein |
| **Eatwell pie-5.psd**Dairy and alternatives | Milk, cheese, yogurt, fromage frais, quark, cream cheese.This includes non-diary alternatives to these foods.  |
| **Eatwell pie-4.psd**Oils and spreads | Vegetable oil, rapeseed oil, olive oil, sunflower oil.Soft spreads made from unsaturated oils.  |