

Eatwell food list

Food group	Foods included in this group
 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, Sweetcorn Fresh, frozen, dried, canned and juiced all count.
 Bread, rice, potatoes, pasta and other starchy foods	Bread, Breadsticks, Breakfast cereals, Crackers, Crumpets, Flour, Malt loaf, Noodles, Pancakes, Pasta, Pitta bread, Porridge, Potatoes, Rice, Rolls, Teacakes, Wraps
 Milk and dairy foods	Cheddar cheese, Cheese strings, Cheese triangles, Custard, Edam, Fromage frais, Milk, Milkshake, Mini cheeses, Soft cheese, Yogurt, Yogurt drink
 Meat, fish, eggs, beans and other non-dairy sources of protein	Bacon, Beef, Lamb, Pork, Ham, Sausages, Chicken, Turkey, Cod, Salmon, Sardines, Tuna, Prawns, Fish fingers, Eggs, Soya, Tofu, Beans, Nuts, Seeds, Hummus, Peanut butter
 Foods and drinks high in fat and/or sugar	Butter, Oil, Margarine, Jam, Marmalade, Honey, Salad Cream, Mayonnaise, Cream, Ice Cream, Pastry, Crisps, Sausage Rolls, Cakes, Buns, Biscuits, Chocolate, Sweets, Lemonade, Cola, Squash