






# Eatwell food list

Food group	Foods included in this group
 <p data-bbox="285 506 634 541">Fruit and vegetables</p>	<p data-bbox="753 254 1458 499">Apple, Baked beans, Banana, Broccoli, Cabbage, Carrots, Cauliflower, Cucumber, Fruit juice, Fruit smoothie, Kiwi, Lettuce, Melon, Oranges, Pears, Peas, Pineapple, Plums, Raisins, Strawberries, Sweetcorn</p> <p data-bbox="753 506 1463 583">Fresh, frozen, dried, canned and juiced all count.</p>
 <p data-bbox="193 810 667 877">Bread, rice, potatoes, pasta and other starchy foods</p>	<p data-bbox="753 594 1442 800">Bread, Breadsticks, Breakfast cereals, Crackers, Crumpets, Flour, Malt loaf, Noodles, Pancakes, Pasta, Pitta bread, Porridge, Potatoes, Rice, Rolls, Teacakes, Wraps</p>
 <p data-bbox="290 1150 630 1186">Milk and dairy foods</p>	<p data-bbox="753 898 1458 1062">Cheddar cheese, Cheese strings, Cheese triangles, Custard, Edam, Fromage frais, Milk, Milkshake, Mini cheeses, Soft cheese, Yogurt, Yogurt drink</p>
 <p data-bbox="237 1409 683 1514">Meat, fish, eggs, beans and other non-dairy sources of protein</p>	<p data-bbox="753 1203 1458 1398">Bacon, Beef, Lamb, Pork, Ham, Sausages, Chicken, Turkey, Cod, Salmon, Sardines, Tuna, Prawns, Fish fingers, Eggs, Soya, Tofu, Beans, Nuts, Seeds, Hummus, Peanut butter</p>
 <p data-bbox="228 1822 691 1900">Foods and drinks high in fat and/or sugar</p>	<p data-bbox="753 1528 1430 1776">Butter, Oil, Margarine, Jam, Marmalade, Honey, Salad Cream, Mayonnaise, Cream, Ice Cream, Pastry, Crisps, Sausage Rolls, Cakes, Buns, Biscuits, Chocolate, Sweets, Lemonade, Cola, Squash</p>