

# The five food groups

The five food groups give your body what it needs to stay strong and full of energy. Each group is different, so mix foods from all of them to build a colourful rainbow on your plate!



**Legumes include:** Chickpeas, lentils, tofu, soybeans, and cannellini beans.

## Vegetables and legumes



Rich in vitamins and minerals.



High in fibre to support digestion.



Supports a healthy heart.



Fights against illness and keeps you strong.



**Remember:** Choose whole fruit over juice.

## Fruit



Rich in vitamins and minerals.



High in fibre to support digestion.



Fights against illness and keeps you strong.



**Plant-based options:** Egg, tofu, nuts, seeds and legumes.

## Meat and alternatives



Protein builds strong muscles



Contains iron for healthy blood



Omega-3's for brain & heart health (fish + nuts)



**Remember:** Choose whole grain or high-fibre options.

## Grains (mostly wholegrains)



Our body's main energy source.



High in fibre to support digestion.



B vitamins turn food into energy.



**Remember:** Choose non-dairy alternatives with added calcium.

## Dairy and alternatives



Calcium for strong bones and teeth.



Vitamin B12 for brain and blood health.



Protein builds strong muscles.

# Get more veg on your plate

Try these simple ideas to help you add more veggies to your meals. Adding veggies can be quick, tasty, and a fun way to brighten up any meal.

## Fill half your plate with veggies.

Aim for as many colours as you can to get more nutrients.

## Add extra veggies to meals you already eat.

Grate or blend them into sauces, smoothies or muffins. You can also add them to omelettes and pizzas.

## Use frozen or salt-reduced canned veggies.

They're quick to prepare and still full of nutrients. Add them to stir-fries, soups, pasta, or curries.

## Add flavour to make your veggies tastier.

Use olive oil and a pinch of herbs or spices like paprika, cumin or garlic. You can also add lemon or dressings to salads.

## Keep veggies visible and ready-to-eat.

Store pre-cut veggies in clear containers. Keep a bowl of fresh veggies on the kitchen table.

## Mix up how you prepare veggies.

Roast, grill, steam, or stir-fry them to keep things exciting. Add different seasonings for flavour.



Scan here to find out how many servings children need from veggies and other food groups.