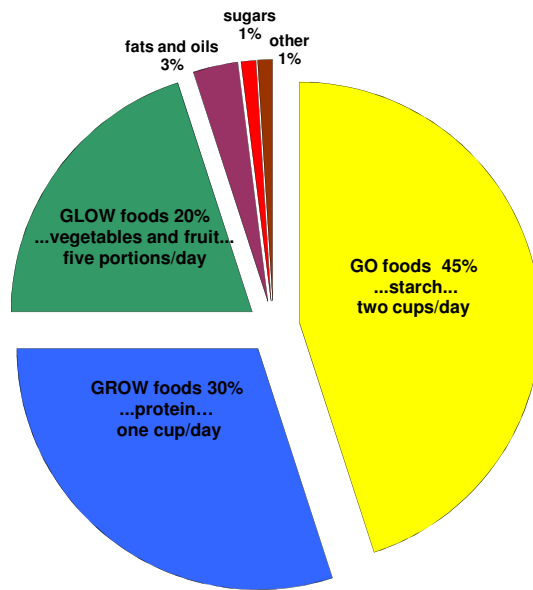


**On my plate:  
What I should  
eat every day**



(NB: these proportions are approximate):

GO foods	45%
...starch...	
GROW foods	30%
...protein...	
GLOW foods	20%
...vegetables and fruit...	
fats and oils	3%
sugars	1%
other	1%

Proportions of foods to be eaten every day

