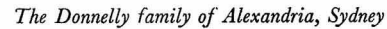
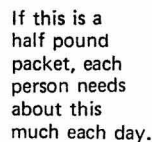


This food guide is flexible so that you can choose foods you particularly like, and fit them into a daily pattern you enjoy. The important thing to remember is that, “What you eat today, walks and talks tomorrow!”.

●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●



The amount of bread and cereal you can eat without adding too many calories to your diet depends on your daily activity and what else you are eating during the day.



Additional serves from any of these food groups may be included in your meals and meet your individual needs. Try to choose your foods so as to meet your nutrient needs while satisfying your appetite. Calories come from all these food groups and you may also include some sweets, but first be sure you are providing all the necessary nutrients. It is preferable not to choose sweets for snacks when you do not have a chance to clean your teeth afterwards, because sweet foods remaining in the mouth form weak acids which promote tooth decay.

