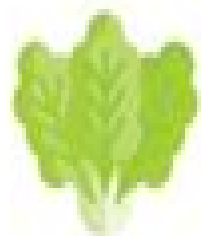


5 MAJOR FOOD GROUPS



VEGETABLES

Low in kilojoules but rich in nutrients and dietary fibre.



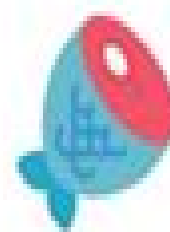
GRAINS

Keep us fuller for longer while supporting healthy digestion.



FRUIT

Abundant in phytochemicals, which help prevent chronic disease.



PROTEIN FOODS

Contain amino acids that help the body repair and generate cells.



DAIRY

Contains calcium, which helps to build and maintain strong bones.

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Yi-Tong Ma



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