

## Session 2 – Eatwell Guide Checklist

### Carbohydrates

Baked Potato	Pitta Bread	Rice	White Rice
Bread Rolls	Porridge	Rolls	Wholemeal Bread
Chappati	Porridge Oats	Spaghetti	
Corn Flakes	Potatoes	Toast	
Macaroni	Puffed Wheat	White Bread	

### Fruit and Vegetables

Apple	Fresh Peas	Pepper	Sweetcorn
Banana	Fruit Juice	Pineapple	Tin of Peas
Broccoli	Frozen Peas	Pineapple Juice	Tin of Pineapple
Cabbage	Grapes	Red Pepper	Tin of Tomatoes
Carrots	Green Pepper	Strawberry	Tomato
Cucumber	Orange	Sultanas	

### Protein

Bacon	Fish Fingers	Minced Beef	Sardines
Baked Beans	Humous	Minced Meat	Sausages
Chicken	Kidney Beans	Nuts	Tuna
Chop	Lamb Chop	Peanut Butter	
Egg(s)	Lentils	Salmon	

### Dairy

Blue Cheese	Edam Cheese	Milk	Whole Milk
Cheddar Cheese	Fromage Frais	Semi-Skimmed Milk	Yoghurt
Cottage Cheese	Fruit Yoghurt	Soft Cheese	

### Oils and Spreads

Sunflower Oil	Olive Oil	Soft Spreads	Low Fat Spread
Vegetable Oil	Rapeseed Oil	Corn Oil	

### FOODS high in sugars, salt and fats

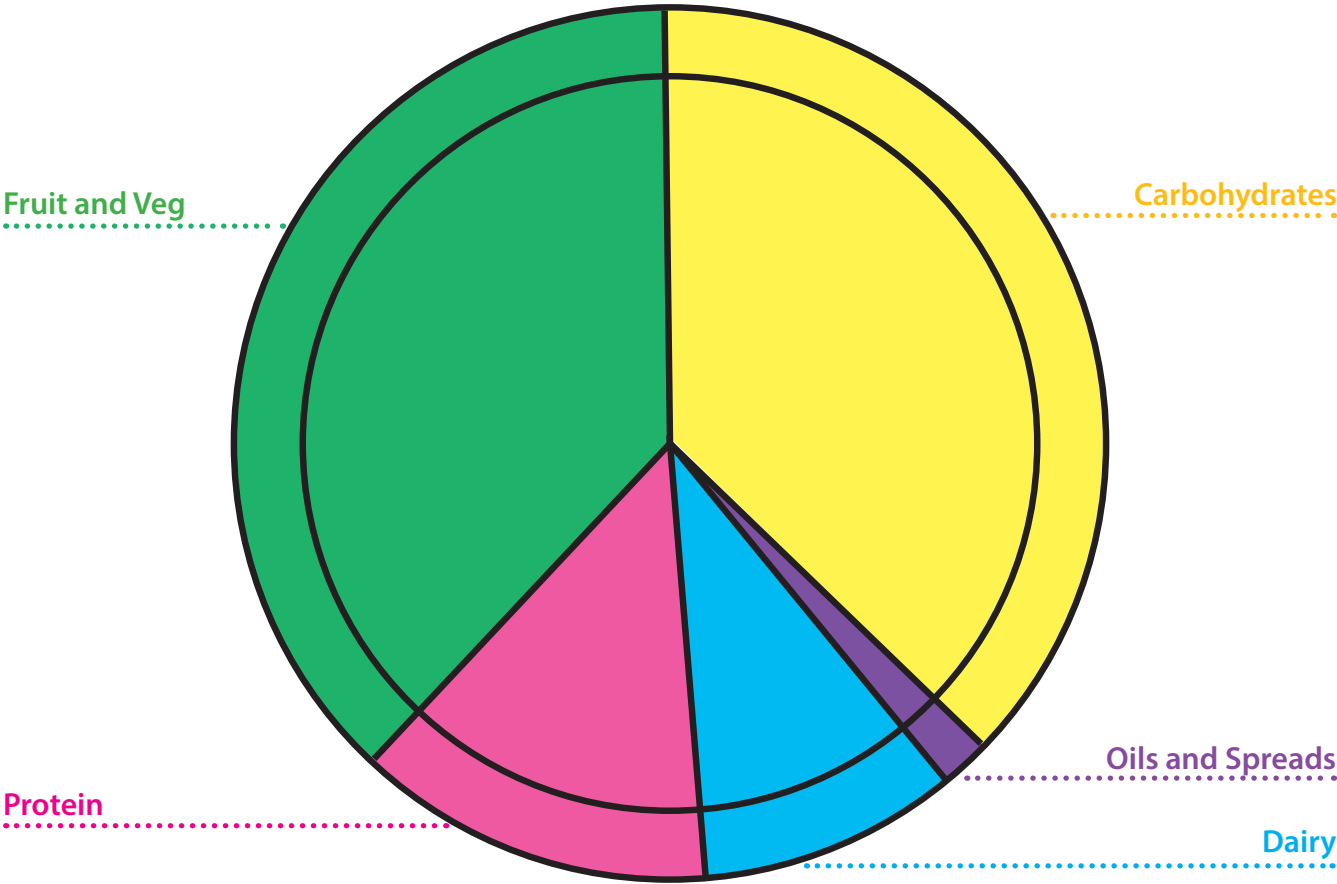
Biscuit	Cream Cake	Jam Doughnut	Pizza
Butter	Crisps	Ice-Cream	Sweets
Chocolate	Currant Bun	Milk Chocolate	Sundae
Chocolate Biscuits	Fizzy Drink	Muffin	

### Composite Foods

Sandwich	Bread	Ham	Salad	Margarine	Cheese
Salad Wrap	Wrap	Chicken / Beans	Salad	Sunflower Oil	Cheese
Pasta Meal	Pasta	Chicken	Tomato / Green Beans	Olive Oil	Cheese / Parmesan
Hamburger	Roll / Bun	Burger	Onion, Gerkin	Margarine	Cheese
Pizza	Base	Chicken	Tomatos		Cheese

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Recommended energy Distribution



Typical energy Distribution for many children in Scotland

