

## Grain foods

		
1 slice of grain/wholemeal bread	1 small bread roll	$\frac{1}{2}$ piece of flat bread
		
$\frac{1}{2}$ cup cooked rice	$\frac{1}{2}$ cup cooked pasta	$\frac{1}{2}$ cup cooked porridge
		
2/3 cup wheat flakes	$\frac{1}{4}$ cup muesli	2/3 cup shredded wheat
		
3 crispbreads	1 crumpet	1 English muffin

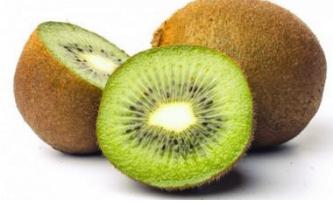
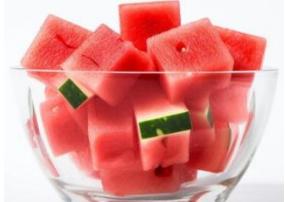
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## Dairy and alternatives

		 2 slices cheese (dairy or soy)
 ½ cup ricotta cheese	 1 cup soy drink	 1 yoghurt pouch

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## Fruit

		
1 medium apple	1 medium orange	1 medium pear
		
1 medium banana	2 small apricots	2 small kiwi fruit
		
2 small plums	1 mandarin	1 nectarine
		
1 medium mango cheek	4 medium strawberries	½ cup fruit salad
		
½ cup preserved fruit, in natural juice	4 dried apricots	1 ½ tablespoons sultanas
		
½ cup grapes	½ cup blueberries	1 cup watermelon

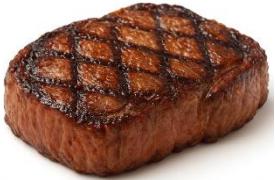
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## Vegetables

		
$\frac{1}{2}$ cup cooked broccoli	$\frac{1}{2}$ cup cooked pumpkin	$\frac{1}{2}$ cup cooked or raw carrots
		
$\frac{1}{2}$ cup cooked peas	$\frac{1}{2}$ cup chickpeas	$\frac{1}{2}$ cup salad vegetables
		
1 cup salad greens	1 cob of corn	$\frac{1}{2}$ sweet potato
		
$\frac{1}{2}$ potato	$\frac{1}{2}$ cup mashed potato	1 medium tomato
		
$\frac{1}{2}$ cup mixed frozen vegetables	$\frac{1}{2}$ cup baked beans (reduced salt)	$\frac{1}{2}$ cup cooked beans

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## Meat and alternatives

 1 small can of tuna	 2 boiled eggs	 1 medium beef steak (65 grams)
 1 medium pork cutlet (65 grams)	 1 medium chicken breast (80 grams)	 1 lamb cutlet (65 grams)
 1 fish fillet (100 grams)	 1 cup chickpeas	 170 grams tofu
 30 grams nuts	 1 cup baked beans	 2 tablespoons peanut butter

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