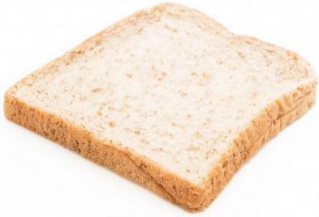













Grain foods

		
1 slice of grain/wholemeal bread	1 small bread roll	½ piece of flat bread
		
½ cup cooked rice	½ cup cooked pasta	½ cup cooked porridge
		
2/3 cup wheat flakes	¼ cup muesli	2/3 cup shredded wheat
		
3 crispbreads	1 crumpet	1 English muffin


















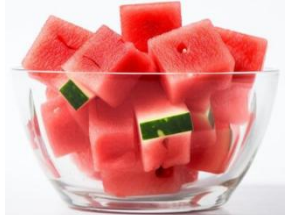
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Dairy and alternatives

		
1 cup low fat milk	1 tub yoghurt (dairy or soy)	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

		
½ cup cooked broccoli	½ cup cooked pumpkin	½ cup cooked or raw carrots
		
½ cup cooked peas	½ cup chickpeas	½ cup salad vegetables
		
1 cup salad greens	1 cob of corn	½ sweet potato
		
½ potato	½ cup mashed potato	1 medium tomato
		
½ cup mixed frozen vegetables	½ cup baked beans (reduced salt)	½ cup cooked beans

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Meat and alternatives

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

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