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spreads, and eat them in small amounts. drink plenty of fluids (at least 6 to 8 glasses a day) If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

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Engage your classroom with health lesson plans, activities, and nutrition worksheets that inspire and inform your students. Teach them about illness, exercise, and balanced diets so they have the knowledge to make healthy choices.

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### Potatoes, bread, rice, pasta and other starchy ...

Fruits and vegetables - 5-a-day; A variety of starchy carbohydrates at every meal - preferably wholegrains which fill you

up for longer, e.g. breads, cereals, potatoes, pasta, noodles, rice and couscous; Low fat dairy products 2-3 times a day to meet your calcium needs;

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A healthy, balanced plant-based diet would typically include wholegrains, fruits and vegetables, nuts, legumes and unsaturated oils, whereas less healthy plant-based diets may include more sugars - sweetened beverages, refined grains, fried potato crisps or chips and sweets.

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