














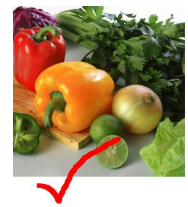
# Bad
















High in saturated fat, salt, sugars. Low in fibre, vitamins and minerals. Avoid these.

-  **Cheap burgers and sausages** made with poor quality meat including a lot of fat, bulking agents, salt and other additives.
-  **Chicken nuggets** or other shapes made from low-quality minced chicken with a high proportion of fat and other fillers as well as additives. Deep-frying them increase the fat count even more.
-  **Fish fingers** made from cheap minced fish and fillers.
-  **Pizza** with poor-quality toppings, white flour bases.
-  **Chips** are laden with fat. Most people deep fry their chips, which makes them even fatter than oven baked.
-  **Other potato shapes**, like waffles and smiley faces, are just as bad as chips and use potato that's been processed and coated.
-  **Meat pies and pasties, sausage rolls** are loaded with fat in the pastry and the contents are low on meat, high on fat, cereals, bulking agents and additives.
-  **Baked beans** are better than no veg at all but contain sugar, salt and additives.
-  **Crisps** – too salty, too fatty.
-  **Chocolate and sweets** contain fat, sugar and precious little else.
-  **Fizzy drinks** contain all sorts of additives, some of which are unsuitable for children. Either high in sugar or laden with artificial sweeteners.
-  **Tinned spaghetti or pasta** shapes in tomato sauce are high in sugar and salt, low on fibre.
-  **Shop-bought cakes** and biscuits are full of fat and sugar.

# Good



Low in fat, salt and sugars; high in fibre, vitamins and minerals. Include a range over a week for a healthy diet that rich in essential nutrients.

-  **Fresh vegetables**, preferably organic, seasonal and locally produced.
-  **Salads** of fresh seasonal vegetables, like carrot, white or red cabbage, cucumber, red peppers.
-  **Fresh fruit** preferably organic to eat raw or in dishes like homemade apple crumble or fruit salad.
-  **Meat and poultry**, good quality, preferably organic. Not deep fried or coated but oven baked, grilled or casserole.
-  **Fish**, not deep fried or battered. Choose oily fish several times a week. Canned tuna, salmon and sardines are good alternatives to fresh fish.
-  **Sausages and burgers** made from high quality meat without filler.
-  **Homemade dishes** such as fish pie, macaroni cheese, bolognese sauce.
-  **Pizzas** with whole-meal or stone-ground bases and good quality toppings.
-  **Baked potatoes** are an excellent source of fibre. Boiled or mashed also good. Avoid chips, roast or other high fat cooking methods.
-  **Pasta**, especially whole-wheat, served with homemade sauce made with fresh vegetables.
-  **Natural low-fat yogurts** or fromage frais served with fresh fruit.
-  **Homemade cakes and biscuits** are generally lower in fat and sugar than manufactured.
-  **Water** is the best drink and should be available all day.