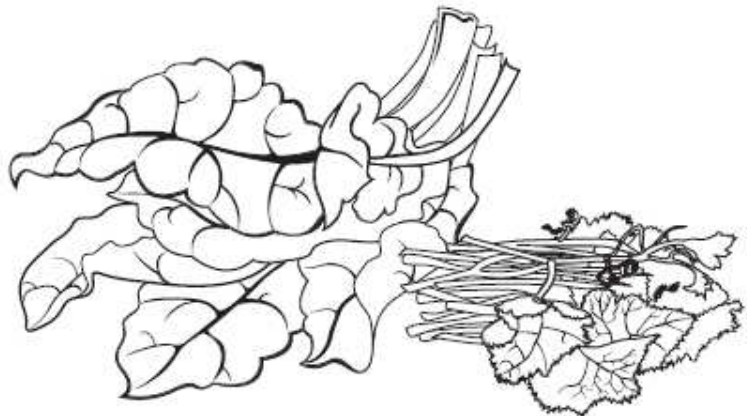
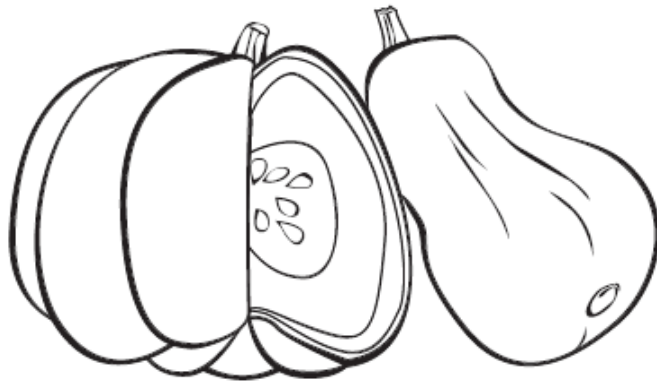


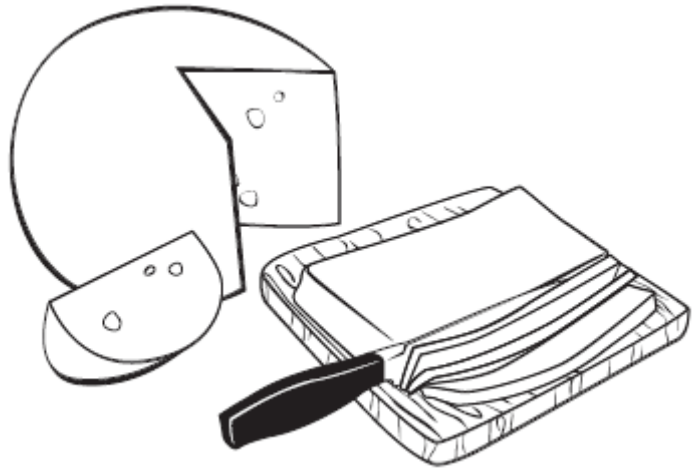
# Make starchy foods the basis of a child's main meals



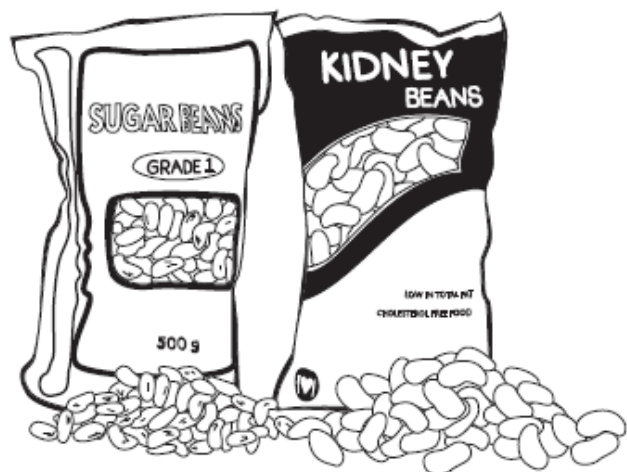
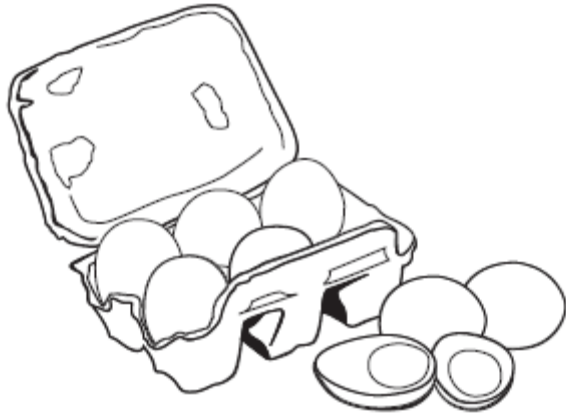
**Children need plenty of vegetables and fruit everyday**



# Children need to drink milk every day



**Children can eat chicken, fish, meat, eggs, beans, soya or peanut butter everyday**



Use these guidelines to plan good mixed meals

