

LIVING WITH FH

food CHART

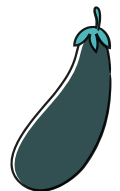


RATE THE FOODS YOU EAT & SEE WHAT ELSE YOU CAN TRY...



VEGETABLES

salad				
broccoli				
cauliflower				
spinach				
carrots				
sweetcorn				
sweet potato				
?				
?				
?				



FRUIT

strawberries				
pineapple				
melon				
banana				
plums				
apricots				
apples				
?				
?				
?				






DAIRY

GRAINS



PROTEINS



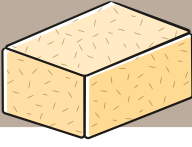


Cottage cheese				
Soya milk				
?				
?				
?				
?				



Wholemeal pasta				
Wholewheat crackers				
Porridge				
Breakfast biscuits (Like weetabix)				
Wholegrain breads				
?				
?				
?				
?				



chicken				
White fish				
Oily fish				
Tofu				
Quorn				
?				
?				
?				
?				

ARENNIR GANY
LOTERI GENEDELETHOL
NATIONAL
LOTTERY FUNDED



HEART UK
THE CHOLESTEROL CHARITY

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