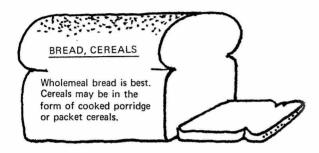
Everyday, try to eat four servings or more of fruits and vegetables, one serving being a good source of vitamin C such as orange, mandarine, grapefruit, or tomato juice.



Breads and cereals comprise the fourth food group. This group helps provide fuel or calories for body needs and activity needs. They also provide some vitamins and minerals, especially wholegrain and brown bread and enriched and wholegrain cereals.

The amount of bread and cereal you can eat without adding too many calories to your diet depends on your daily activity and what else you are eating during the day.

BUTTER or table margarine (of a sort which has added vitamins) If this is a half pound packet, each person needs about this much each day.

Butter or table margarine is the last group. This food provides calories and some vitamins and adds flavours to the meals. The daily recommendation is $\frac{1}{2}$ -I oz.

Additional serves from any of these food groups may be included in your meals and meet your individual needs. Try to choose your foods so as to meet your nutrient needs while satisfying your appetite. Calories come from all these food groups and you may also include some sweets, but first be sure you are providing all the necessary nutrients. It is preferable not to choose sweets for snacks when you do not have a chance to clean your teeth afterwards, because sweet foods remaining in the mouth form weak acids which promote tooth decay.

This food guide is flexible so that you can choose foods you particularly like, and fit them into a daily pattern you enjoy. The important thing to remember is that, "What you eat today, walks and talks tomorrow!".

(By Jane Bispala, Nutritionist, N.S.W. Department of Health.)

The Donnelly family of Alexandria, Sydney



Lionel and Alfred Donnelly

