

# Choose the best fuel for your body

## Choose this

### Whole grains

give your body and brain long-lasting fuel and fibre to keep you satisfied between meals.

### Vegetables

give you vitamins, minerals and fibre to fight infection and keep your body running like a well-oiled machine.

### Healthy protein

like lean meat, fish, cheese, egg and hummus help your muscles and bones to grow and stay strong.



## Instead of this



### White bread

is a refined carbohydrate and all the goodness (like fibre, vitamins and minerals) is removed during processing.

### No vegetables

you miss out on important nutrients to fight against infection and illness.

### Processed meats

like ham and salami contain salt, fat and preservatives, which are harmful to our health.