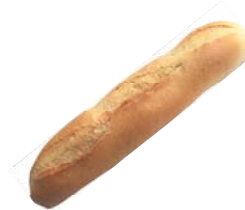


Fact sheet 4

Base your meals on starchy foods

Starchy foods are foods like these:

- ❖ Rice
- ❖ Bread
- ❖ Cereals
- ❖ Potatoes
- ❖ Pasta



Can you name these foods?

We need to eat lots of starchy foods because they fill us up and keep us going so we can play, learn and be active.

We should try to eat at least one starchy food every meal time.

Think of a different starchy food you could eat for each of these meals:

- ❖ Breakfast
- ❖ Lunch
- ❖ Evening meal

Wholegrain

Some starchy foods are brown, wholegrain or wholemeal.



Make sure some of the starchy foods you eat are brown, wholegrain or wholemeal because they are great for helping keep you healthy.