

eat as much as you can of these foods



whole grains,
peas, beans and pulses,
fresh or frozen vegetables,
fresh fruits and berries,
and up to a handful a day of
nuts and seeds
and do include
herbs and spices
and

eat as many different types of each as you can

eat less

sugar, foods made of white flours,
and vegetable oils

drink less fruit juice, sugary drinks, alcohol

and eat less

meat, poultry, eggs, and dairy products.