

# How to have a healthy diet!

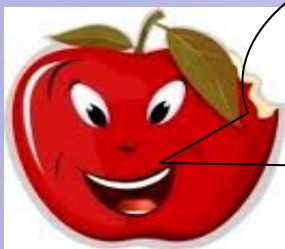


## Remember

Remember to have a balanced diet and not to have too much sugared stuff such as: chocolate and sweets because they rot your teeth.



This shows how much of each category you should eat everyday.

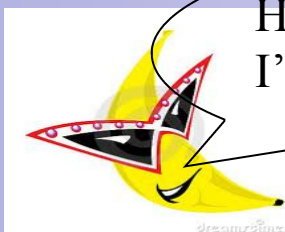


Hi I'm Abi apple and I will help keep the doctor

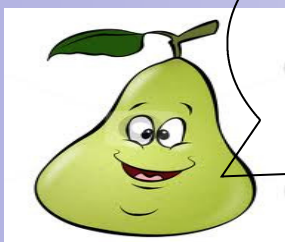
Fruits that contain citric acid are: Lemon, lime, grapefruit and orange



Hi I'm Sally Strawberry, I'm rich in vitamin c.



Hi I'm Brian banana, I'm full of vitamin B6.



Hi I'm Penny pear, and I'm high in sugar but I'm fairly high in fibre.

Most fruits contain citric acid which is bad for your teeth so don't eat too much.