

# LIVING WITH FH

## food CHART



RATE THE FOODS YOU EAT & SEE WHAT ELSE YOU CAN TRY...



LOVE



LIKE



HATE

### VEGETABLES

salad					
broccoli					
cauliflower					
spinach					
carrots					
sweetcorn					
sweet potato					
?					
?					
?					

### FRUIT

strawberries					
pineapple					
melon					
banana					
plums					
apricots					
apples					
?					
?					
?					



# DAIRY

Cottage cheese



Soya milk

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LOVE



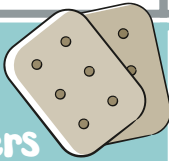
LIKE



HATE



Wholemeal pasta



Wholewheat crackers

Porridge

Breakfast biscuits (Like weetabix)

Wholegrain breads

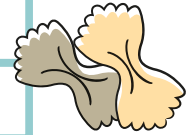


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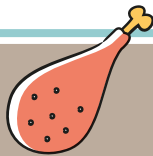


# GRAINS



# PROTEINS

chicken



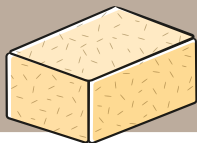
White fish

Oily fish



Tofu

Quorn



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ARENNIR GANY  
LOTERI GENEDELETHOL  
NATIONAL  
LOTTERY FUNDED



HEART UK  
THE CHOLESTEROL CHARITY

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