

GPN FOOD GUIDE

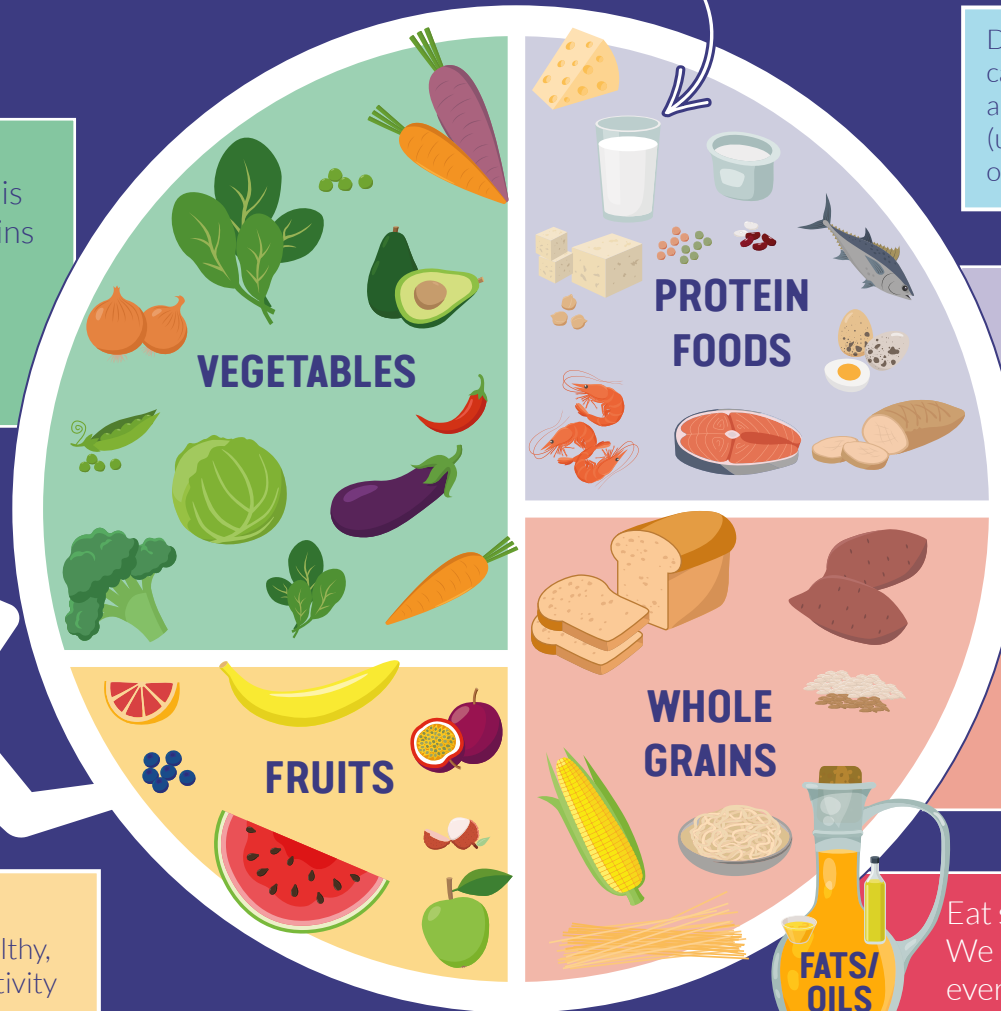
For leaders who can't find a suitable food guide, WAGGGS has developed a global GPN Food Guide showing **six food groups**, based on Harvard School of Public Health's Healthy Eating Plate.

Eat lots of **fruits and vegetables**. Each one is rich in different vitamins and minerals that we need to help our body work well, grow and stay healthy.



KEEP ACTIVE!

To be happy and healthy, try to do physical activity every day.



Eat/drink some **milk products** (part of protein foods). They are rich in protein and calcium, a mineral we need to keep our bones strong.

Drink lots of clean water. It helps carry nutrients through the body and helps flush out waste (urine/sweat). Limit sugar in tea or coffee. Avoid sugary drinks.



Eat some **protein foods**. They are rich in protein, a macronutrient that gives us energy and helps us grow.

Eat lots of **grains**. They are rich in carbohydrates. This macronutrient gives us most of our energy, and helps us grow. Try to make at least half the grains you eat **whole grains**, e.g. wholewheat or oats.

Eat small amounts of **fats/oils**. We should eat these macronutrients every day. They give us vitamin E and help our body to work well.

