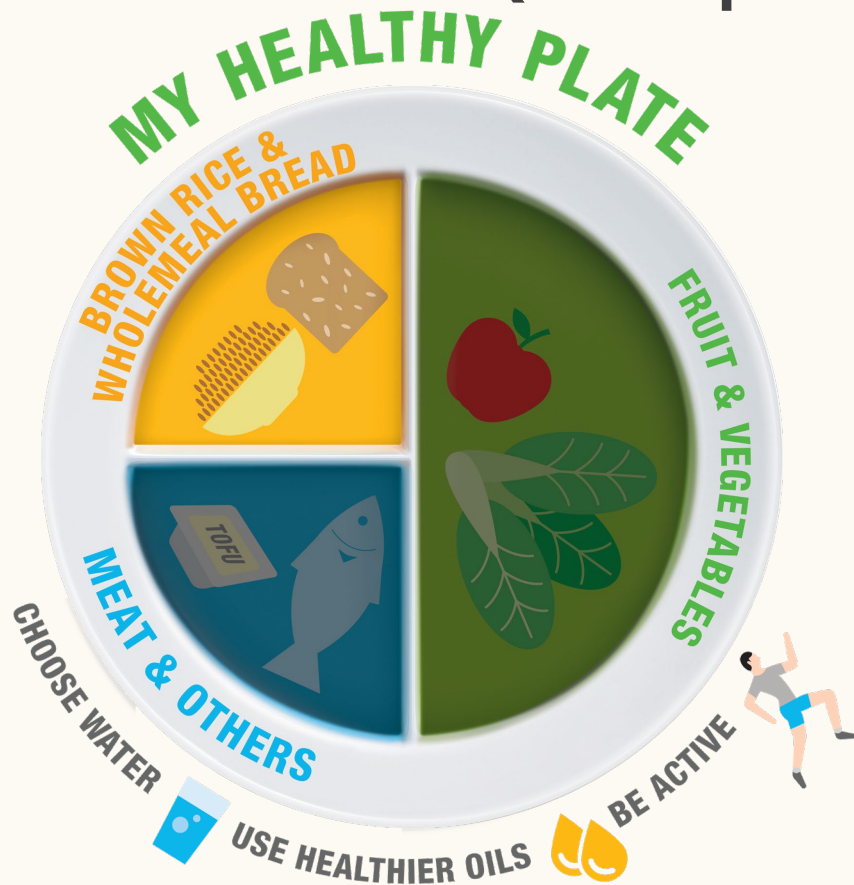


Quarter plate of wholegrains



Wholegrains are richer in nutrients compared to refined grains such as white rice as they have not been over-processed.

As they are **rich in fibre**, they help you feel full for longer, which helps prevent overeating.

¼ plate = 2 servings of carbohydrates

Daily recommended intake = 5 to 7 servings of carbohydrates