For my wellbeing, I nourish my body.

A well nourished body wants to move and think with clarity, and I’m hungry for quality over quantity.

The five core food groups I include each day include:
- ~5–6 serves of vegetables and legumes.
- ~2 serves of fruit.
- ~6 serves of grain and cereals food.
- ~1–3 serves of lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans.
- ~2–3 serves of milk, yogurt, cheese and/or their alternatives.

Your required amounts depend on energy needs (age, activity levels and body size/height) and will vary daily and should be adjusted accordingly.