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Object: to win all the cards.
How to play: Play in pairs or groups. Deal out the cards equally, then each person looks at their first card.

The player to the left of the dealer picks a category (eg fibre, fat etc). Whoever has the highest value for this category wins all the cards, and places them at the bottom of their pile. They also choose the category for the next round.

If two or more cards have the same value then all the cards are placed in the middle and the same player chooses again from the next card. The winner of the next hand takes all the cards in the middle as well.

- 😊 **This indicates good levels of this nutrient**
 - 😞 **This indicates high levels of fat; eat only in moderation.**
- g = gram**
mg = milligram
(a thousandth of a gram)



broccoli

1 serving

Fibre: 2g 😊
Protein: 3g
Fat: less than 1g
Calcium: 32mg 😊
Vitamin C: 35mg 😊



Food Fact: Broccoli is packed with vitamins, minerals and fibre.

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carrot

1 serving

Fibre: 3g 😊
Protein: less than 1g
Fat: less than 1g
Calcium: 20mg
Vitamin C: 5mg



Food Fact: Carrots are the swollen root of a Umbellifer plant. They taste great cooked or raw.

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cheddar cheese

1 serving

Fibre: 0g
Protein: 14g 😊
Fat: 19g 😞
Calcium: 400mg 😊
Vitamin C: 0mg



Food Fact: Cheddar cheese is rich in calcium and protein, but high in fat.

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apple

1 apple

Fibre: 2g 😊
Protein: less than 1g
Fat: less than 1g
Calcium: 3mg
Vitamin C: 5mg



Food Fact: There are more than 2000 varieties of apple in Britain. Apples ripen in autumn.

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egg

2 eggs

Fibre: 0g
Protein: 12g 😊
Fat: 10g
Calcium: 58mg 😊
Vitamin C: 0mg



Food Fact: Eggs can be boiled, scrambled, fried or poached!

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orange juice

a small glass

Fibre: less than 1g
Protein: 2g
Fat: 0g
Calcium: 18mg
Vitamin C: 72mg 😊



Food Fact: 1 glass of orange juice counts as one of your 5-a-day.

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porridge

1 bowl, made with milk

Fibre: 3g 😊
Protein: 8g
Fat: 4g
Calcium: 180mg 😊
Vitamin C: 3mg



Food Fact: Porridge will fill you up until lunchtime, and is a great winter warmer!

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sweetcorn

1 serving

Fibre: 2g 😊
Protein: 3g
Fat: less than 1g
Calcium: 3mg
Vitamin C: 1mg



Food Fact: Sweetcorn comes from the maize family, and is what popcorn is made from.

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semi-skimmed milk

1 glass

Fibre: 0g
Protein: 7g 😊
Fat: 3g
Calcium: 240mg 😊
Vitamin C: 4mg



Food Fact: The calcium in milk helps build and maintain strong bones and teeth.

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kiwi

1 kiwi

Fibre: 2g 😊
Protein: 1g
Fat: less than 1g
Calcium: 16mg
Vitamin C: 46mg 😊



Food Fact: The kiwi remains green, even when ripe.

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pear

1 pear

Fibre: 2g 😊
Protein: less than 1g
Fat: less than 1g
Calcium: 9mg
Vitamin C: 5mg



Food Fact: Pears are best ripened after being picked.

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jacket potato

1 potato

Fibre: 4g 😊
Protein: 6g
Fat: less than 1g
Calcium: 17mg
Vitamin C: 21mg 😊



Food Fact: This high carbohydrate food is high in fibre if you eat the skin. They don't count towards your 5-a-day.

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baked beans

1 serving

Fibre: 4g 😊
Protein: 5g
Fat: less than 1g
Calcium: 53mg 😊
Vitamin C: 0mg



Food Fact: Baked beans are a good source of protein if you don't eat meat.

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cauliflower

1 serving

Fibre: 2g 😊
Protein: 1g
Fat: less than 1g
Calcium: 14mg
Vitamin C: 20mg 😊



Food Fact: Cauliflower tastes great when added to dishes such as curries and stir-fries.

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low-fat fruit yoghurt

1 pot

Fibre: 1g
Protein: 4g
Fat: 1g
Calcium: 140mg 😊
Vitamin C: 1mg



Food Fact: Yoghurt is made by blending fermented milk with other ingredients like fruit.

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sprout

1 serving

Fibre: 3g 😊
Protein: 3g
Fat: 1g
Calcium: 16mg
Vitamin C: 48mg 😊



Food Fact: The Brussels sprout is part of the cabbage family.

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strawberry

1 serving

Fibre: 1g
Protein: 2g
Fat: less than 1g
Calcium: 13mg
Vitamin C: 62mg 😊



Food Fact: Strawberries are the only fruit with seeds on the outside.

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tomato

1 serving

Fibre: 1g
Protein: less than 1g
Fat: less than 1g
Calcium: 6mg
Vitamin C: 14mg 😊



Food Fact: Tomatoes are a good source of "antioxidant".

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chocolate

1 small bar

Fibre: less than 1g
Protein: 4g
Fat: 16g 😞
Calcium: 110mg 😊
Vitamin C: 0mg



Food Fact: Chocolate is high in energy and fat, and should be eaten only occasionally.

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spaghetti

1 serving

Fibre: 2g 😊
Protein: 5g
Fat: 1g
Calcium: 11mg
Vitamin C: 0mg



Food Fact: Spaghetti is a long, thin form of pasta, made from durum wheat.

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white bread

2 slices

Fibre: 1g
Protein: 5g
Fat: 1g
Calcium: 60mg 😊
Vitamin C: 0mg



Food Fact: Bread is high in carbohydrate and is a good source of B vitamins.

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crisps

1 packet

Fibre: 2g 😊
Protein: 2g
Fat: 14g 😞
Calcium: 12mg
Vitamin C: 2mg



Food Fact: This high-fat food should be eaten only occasionally.

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chicken

1 serving

Fibre: 0g
Protein: 18g 😊
Fat: 1g
Calcium: 3mg
Vitamin C: 0mg



Food Fact: Chicken is high in protein. It can also be lower in fat than pork, beef or lamb.

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pork

1 serving

Fibre: 0g
Protein: 19g 😊
Fat: 2g
Calcium: 4mg
Vitamin C: 0mg



Food Fact: Ham, sausages and bacon also come from pork.

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sweet potato

1 serving

Fibre: 4g 😊
Protein: 2g
Fat: less than 1g
Calcium: 31mg 😊
Vitamin C: 23mg 😊



Food Fact: This edible tuber originates from South America. There are many different types.

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rice

1 serving

Fibre: less than 1g
Protein: 4g
Fat: 2g
Calcium: 27mg 😊
Vitamin C: 0mg



Food Fact: There are more than 40,000 different types of rice.

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beef

1 serving

Fibre: 0g
Protein: 18g 😊
Fat: 4g
Calcium: 10mg
Vitamin C: 0mg



Food Fact: Beef is high in protein, iron, zinc and B vitamins. Reduce fat levels by trimming visible fat.

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salmon

1 serving

Fibre: 0g
Protein: 11g 😊
Fat: 6g
Calcium: 12mg
Vitamin C: 0mg



Food Fact: Salmon is an oily fish, like mackerel and tuna. It is rich in omega 3 fats.

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cream cheese

1 serving

Fibre: 0g
Protein: 1g
Fat: 26g 😞
Calcium: 55mg 😊
Vitamin C: 0mg



Food Fact: Cream cheese is cheese that has not been allowed to mature.

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wholemeal bread

2 slices

Fibre: 4g 😊
Protein: 6g
Fat: 2g
Calcium: 37mg 😊
Vitamin C: 0mg



Food Fact: Wholemeal bread is better for you than white bread, as it contains lots of fibre.

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