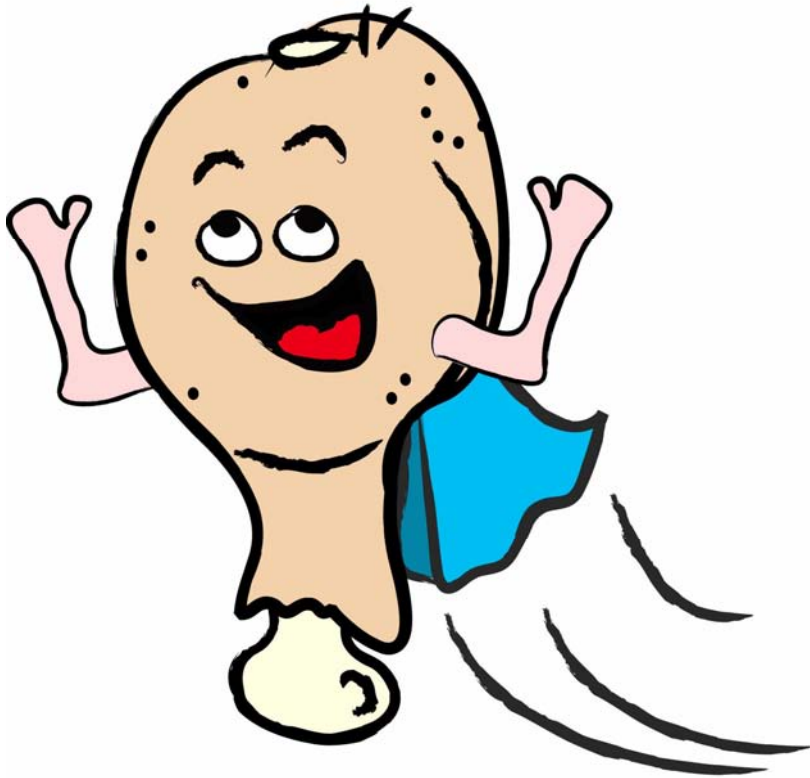


Charles chicken



I belong to the **Protein Group**, I help you to grow, build strong muscles and repair the tissues in your body.

Other foods in this group include;

Fish; Red Meat; Chicken; Turkey; Lentils; Beans.

You should eat **2** portions from this food group everyday.