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rules for all food businesses, applying effective and proportionate controls throughout the food chain, from primary production to sale or supply to the food consumer.

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A portion of dried fruit (which should be kept to mealtimes) is 30g. A 150ml glass

of fruit juice, vegetable juice or smoothie also counts as 1 portion, but limit the amount you have to no more than 1 glass a day as these drinks are sugary and can damage your teeth. 3. Eat more fish, including a portion of oily fish.

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