

Nu Html Checker

This tool is an ongoing experiment in better HTML checking, and its behavior remains subject to change

Showing results for contents of text-input area

Checker Input

Show ☒ source ☐ outline ☐ image report

Options...

Check by ☐ CSS

```

can have added sugar. Check the label.If choosing dairy alternatives
such as soya milk and yogurts,
choose those with added calcium. </P>
</div>
<!--healthy_protein section-->
<div id="healthy_protein">
  <h2>Tasty Mains </h2>
  <p><strong>Meat, poultry, fish, eggs, beans and nuts</strong><br>
    The foods on this shelf provide protein for growth and repair.
    They are also the main source of iron for healthy blood.
    <strong>Choose 2 servings a day.
  </strong><br>Lean red meat is a good source of iron.
    Chicken, turkey and fish are good low-fat options. Oily fish provides
essential omega 3 fats.

```

Check

Use the Message Filtering button below to hide/show particular messages, and to see total counts of errors and warnings.

Message Filtering

- Error** Bad value `header` for attribute `id` on element `div`: An ID must not contain whitespace.

[From line 14, column 5; to line 14, column 22](#)

```
on--><div id=" header">
```

- Error** Element `a` not allowed as child of element `ol` in this context.
(Suppressing further errors from this subtree.)

[From line 19, column 13; to line 19, column 28](#)

```
<a href="#home">Home</a>
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

- Error** Text not allowed in element `ol` in this context.

[At line 19, column 37](#)

```
">Home</a>|↵
```

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

4. **Error** Element [a](#) not allowed as child of element [ol](#) in this context.

(Suppressing further errors from this subtree.)

[From line 20, column 13; to line 20, column 38](#)

```
<a href="#fruit_vegetable">Fruit
```

Contexts in which element [a](#) may be used:

Where [phrasing content](#) is expected.

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

5. **Error** Text not allowed in element [ol](#) in this context.

[At line 20, column 54](#)

```
& Veg</a>|↵
```

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

6. **Error** Element [a](#) not allowed as child of element [ol](#) in this context.

(Suppressing further errors from this subtree.)

[From line 21, column 13; to line 21, column 35](#)

```
<a href="#wholegrains">Wholeg
```

Contexts in which element [a](#) may be used:

Where [phrasing content](#) is expected.

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

7. **Error** Text not allowed in element [ol](#) in this context.

[At line 21, column 51](#)

```
grains</a>|↵
```

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

8. **Error** Element [a](#) not allowed as child of element [ol](#) in this context.

(Suppressing further errors from this subtree.)

[From line 22, column 13; to line 22, column 29](#)

```
<a href="#dairy">Dairy<
```

Contexts in which element [a](#) may be used:

Where [phrasing content](#) is expected.

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

9. **Error** Text not allowed in element `ol` in this context.

[At line 22, column 39](#)

```
>Dairy</a>|↵
```

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

10. **Error** Element `a` not allowed as child of element `ol` in this context.
(Suppressing further errors from this subtree.)

[From line 23, column 13; to line 23, column 39](#)

```
<a href="#healthy_protein">Raw Pr
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

11. **Error** Text not allowed in element `ol` in this context.

[At line 23, column 55](#)

```
rotein</a>|↵
```

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

12. **Error** Element `a` not allowed as child of element `ol` in this context.
(Suppressing further errors from this subtree.)

[From line 24, column 13; to line 24, column 28](#)

```
<a href="#fats">Fats</
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

13. **Error** Text not allowed in element `ol` in this context.

[At line 24, column 37](#)

```
">Fats</a>|↵
```

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

14. **Error** Element `a` not allowed as child of element `ol` in this context.
(Suppressing further errors from this subtree.)

[From line 25, column 13; to line 25, column 31](#)

```
<a href="#portion">Portio
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.
 Content model for element [ol](#):
 Zero or more [li](#) and [script-supporting](#) elements.

15. **Error** Text not allowed in element [ol](#) in this context.

[At line 25, column 53](#)

```
deline</a>|↵
```

Content model for element [ol](#):
 Zero or more [li](#) and [script-supporting](#) elements.

16. **Error** Element [a](#) not allowed as child of element [ol](#) in this context.

(Suppressing further errors from this subtree.)

[From line 26, column 13; to line 26, column 30](#)

```
<a href="#footer">Contac
```

Contexts in which element [a](#) may be used:
 Where [phrasing content](#) is expected.
 Content model for element [ol](#):
 Zero or more [li](#) and [script-supporting](#) elements.

17. **Error** A [link](#) element must not appear as a descendant of a [body](#) element unless the [link](#) element has an [itemprop](#) attribute or has a [rel](#) attribute whose value contains [dns-prefetch](#), [modulepreload](#), [pingback](#), [preconnect](#), [prefetch](#), [preload](#), [prerender](#), or [stylesheet](#).

[From line 92, column 19; to line 92, column 83](#)

```
<link rel="icon" type="image/x-icon" href="/images/favicon.icon">↵
```

18. **Error** [td](#) start tag in table body.

[From line 171, column 18; to line 173, column 16](#)

```
</tr>↵ <td>season
```

19. **Error** [td](#) start tag in table body.

[From line 210, column 18; to line 212, column 16](#)

```
</tr>↵ <td>potato
```

20. **Error** [td](#) start tag in table body.

[From line 239, column 18; to line 241, column 16](#)

```
</tr>↵ <td>cheese
```

21. **Error** [td](#) start tag in table body.

[From line 275, column 18; to line 277, column 16](#)

```
</tr>↵ <td>raw pr
```

22. **Error** `td` start tag in table body.

[From line 311, column 18; to line 313, column 16](#)

```
</tr><td>butter
```

23. **Error** Element `a` not allowed as child of element `ol` in this context.

(Suppressing further errors from this subtree.)

[From line 352, column 13; to line 352, column 28](#)

```
<a href="#home">Home</a>
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

24. **Error** Text not allowed in element `ol` in this context.

[At line 352, column 37](#)

>Home|

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

25. **Error** Element `a` not allowed as child of element `ol` in this context.

(Suppressing further errors from this subtree.)

[From line 353, column 13; to line 353, column 38](#)

```
<a href="#fruit_vegetable">Fruit
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

26. **Error** Text not allowed in element `ol` in this context.

[At line 353, column 54](#)

```
& Veg</a>|
```

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

27. **Error** Element `a` not allowed as child of element `ol` in this context.

(Suppressing further errors from this subtree.)

[From line 354, column 13; to line 354, column 35](#)

```
<a href="#wholegrains">Wholeg
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

28. **Error** Text not allowed in element `ol` in this context.

[At line 354, column 51](#)

```
grains</a>|↵
```

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

29. **Error** Element `a` not allowed as child of element `ol` in this context.

(Suppressing further errors from this subtree.)

[From line 355, column 13; to line 355, column 29](#)

```
<a href="#dairy">Dairy<
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

30. **Error** Text not allowed in element `ol` in this context.

[At line 355, column 39](#)

```
>Dairy</a>|↵
```

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

31. **Error** Element `a` not allowed as child of element `ol` in this context.

(Suppressing further errors from this subtree.)

[From line 356, column 13; to line 356, column 39](#)

```
<a href="#healthy_protein">Raw Pr
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

32. **Error** Text not allowed in element `ol` in this context.

[At line 356, column 55](#)

```
rotein</a>|↵
```

Content model for element `ol`:

Zero or more [li](#) and [script-supporting](#) elements.

33. **Error** Element `a` not allowed as child of element `ol` in this context.

(Suppressing further errors from this subtree.)

[From line 357, column 13; to line 357, column 28](#)

```
<a href="#fats">Fats</
```

Contexts in which element `a` may be used:

Where [phrasing content](#) is expected.

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

34. **Error** Text not allowed in element [ol](#) in this context.

[At line 357, column 37](#)

```
">Fats</a>|↵
```

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

35. **Error** Element [a](#) not allowed as child of element [ol](#) in this context.
(Suppressing further errors from this subtree.)

[From line 358, column 13; to line 358, column 31](#)

```
<a href="#portion">Portio
```

Contexts in which element [a](#) may be used:

Where [phrasing content](#) is expected.

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

36. **Error** Text not allowed in element [ol](#) in this context.

[At line 358, column 53](#)

```
deline</a>|↵
```

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

37. **Error** Element [a](#) not allowed as child of element [ol](#) in this context.
(Suppressing further errors from this subtree.)

[From line 359, column 13; to line 359, column 30](#)

```
<a href="#footer">Contac
```

Contexts in which element [a](#) may be used:

Where [phrasing content](#) is expected.

Content model for element [ol](#):

Zero or more [li](#) and [script-supporting](#) elements.

38. **Error** End tag for [body](#) seen, but there were unclosed elements.

[From line 366, column 1; to line 366, column 7](#)

```
div>↵ ↵↵</body>↵↵</ht
```

39. **Error** Unclosed element [div](#).

[From line 37, column 5; to line 37, column 27](#)

```
on-->↵ <div id="main_content">↵
```

Document checking completed.

Source

```

1. <!DOCTYPE html>↵
2. <html lang="en">↵
3. ↵
4. <head>↵
5.     <meta charset="UTF-8">↵
6.     <meta name="viewport" content="width=device-width,initial-scale=1.0">↵
7.     <link rel="stylesheet" href="css/style.css">↵
8.     <title>Food Menu</title>↵
9.     ↵
10. </head>↵
11. ↵
12. <body>↵
13.     <!--header section for navigation-->↵
14.     <div id=" header">↵
15.         <div>↵
16.             <nav>↵
17.                 <ol>↵
18.                     ↵
19.                     <a href="#home">Home</a>|↵
20.                     <a href="#fruit_vegetable">Fruit & Veg</a>|↵
21.                     <a href="#wholegrains">Wholegrains</a>|↵
22.                     <a href="#dairy">Dairy</a>|↵
23.                     <a href="#healthy_protein">Raw Protein</a>|↵
24.                     <a href="#fats">Fats</a>|↵
25.                     <a href="#portion">Portion Guideline</a>|↵
26.                     <a href="#footer">Contact</a>↵
27.                 ↵
28.                 </ol>↵
29.             </nav>↵
30.         </div>↵
31.         <h1> ↵
32.             <span style="color:rgb(0, 0, 0)">Healthy Food Choice!</span>↵
33.             ↵
34.         </h1>↵
35.     </div> ↵
36.     <!--main content section-->↵
37.     <div id="main_content">↵
38.         <header>Food Pyramid </header>↵
39.         <div class="container">↵
40.             <div class="shape one">↵
41.                 <div class="button">↵
42.                     <span></span>↵
43.                     <button class="add">+</button>↵
44.                     <input type="number" value="0">↵
45.                     <button class="subtract">-</button>↵
46.                     <button onclick="myFunction()">Click Me!</button>↵
47.                 </div>↵
48.             </div>↵
49.             <div class="shape two">↵
50.                 <div class="button">↵
51.                     <span></span>↵
52.                     <button class="add">+</button>↵
53.                     <input type="number" value="0">↵
54.                     <button class="subtract">-</button>↵
55.                     <button onclick="myFunction1()">Click Me!</button>↵
56.                 </div>↵
57.             </div>↵
58.             <div class="shape three">↵
59.                 <div class="button">↵
60.                     <button class="add">+</button>↵
61.                     <input type="number" value="0">↵
62.                     <button class="subtract">-</button>↵
63.                     <button onclick="myFunction2()">Click Me!</button>↵
64.                 </div>↵
65.             </div>↵
66.             <div class="shape four">↵

```



```

67.         <div class="button">↵
68.         <span></span>↵
69.             <button class="add">+</button>↵
70.             <input type="number" value="0">↵
71.             <button class="subtract">-</button>↵
72.             <button onclick="myFunction3()">Click Me!</button>↵
73.         </div>↵
74.     </div>↵
75.     <div class="shape five">↵
76.         <div class="button">↵
77.         <span></span>↵
78.             <button class="add">+</button>↵
79.             <input type="number" value="0">↵
80.             <button class="subtract">-</button>↵
81.             <button onclick="myFunction4()">Click Me!</button>↵
82.         ↵
83.         </div>↵
84.     </div>↵
85.     <div class="shape six" >↵
86.         <div class="button">↵
87.         <span></span>↵
88.             <button class="add">+</button>↵
89.             <input type="number" value="0">↵
90.             <button class="subtract">-</button>↵
91.             <button onclick="myFunction5()">Click Me!</button>↵
92.             <link rel="icon" type="image/x-icon"
href="/images/favicon.icon">↵
93.         </div>↵
94.     </div>↵
95. </div>↵
96. ↵
97. <script>↵
98.     let buttons = document.querySelectorAll('.button');↵
99.     let buttonsArray = Array.from(buttons);↵
100.     for (const btn of buttonsArray) {↵
101.         let input = btn.querySelector('input');↵
102.         btn.querySelector('.add').addEventListener('click', () => {↵
103.             input.value = parseInt(input.value) + 1;↵
104.         });↵
105.     ↵
106.     ↵
107.     btn.querySelector('.subtract').addEventListener('click', () =>
{↵
108.         input.value = parseInt(input.value) - 1;↵
109.     });↵
110. }↵
111. ↵
112. </script> ↵
113. ↵
114. <script>↵
115.     function myFunction() {↵
116.         alert("Fats Shelf : This is not a healthy choice");↵
117.     }↵
118. </script>↵
119. <script>↵
120.     function myFunction1() {↵
121.         alert("Protein Shelf : Limit your choice!");↵
122.     }↵
123. </script>↵
124. <script>↵
125.     function myFunction2() {↵
126.         alert("Diary Shelf");↵
127.     }↵
128. </script>↵
129. <script>↵
130.     function myFunction3() {↵
131.         alert("Wholegrains Shelf");↵
132.     }↵
133. </script>↵
134. <script>↵
135.     function myFunction4() {↵

```

```

136.         alert("Fresh Fruit & Veg");↵
137.     }↵
138. </script>↵
139. <script>↵
140.     function myFunction5() {↵
141.         alert("Portion selector: Remember implement portion control");↵
142.     }↵
143. </script>  ↵
144.
145. <!--fruit_vegtables section-->↵
146. <div id="fruit_vegtable">↵
147.     ↵
148.     <h2>Fresh Fruit & Veg </h2>↵
149.     <p>↵
150.         The foods on this shelf are low in calories and contain fibre which
151.         aids digestion.↵
152.         They provide many important vitamins and minerals.<br>↵
153.         <strong> Choose 5 -7 servings a day.</strong><br>↵
154.         The foods in this shelf can help control body weight as part of a
155.         healthy lifestyle↵
156.         and contain nutrients that protect against heart disease and
157.         cancer.↵
158.         Enjoy a variety of coloured fruit and vegetables to benefit from
159.         the different minerals↵
160.         and vitamins each contains. Oranges, strawberries or kiwifruit are
161.         rich in vitamin C which aids iron↵
162.         absorption.↵
163.         Most fruit and vegetables are fat free.↵
164.     ↵
165.     </p>↵
166.     <table>↵
167.         <tr>↵
168.             <td>↵
169.                 
170.             </td>↵
171.             <td>↵
172.                 
173.             </td>↵
174.             <td>↵
175.                 
176.             </td>↵
177.             <td>↵
178.                 
179.             </td>↵
180.         </tr>↵
181.         ↵
182.         <td>seasonal</td>↵
183.         <td>fruit</td>↵
184.         <td>vegtable</td>↵
185.         <td>seasonal_vegtable</td>↵
186.     </table>↵
187.     <p>↵
188.         <strong>Healthy Eating Tip</strong><br> Base your meals on
189.         vegetables,↵
190.         salad and fruit. Add salad vegetables to sandwiches.↵
191.         Limit fruit juice to once a day with a meal and always choose
192.         unsweetened.↵
193.         Choose fruit and raw vegetables such as chopped carrots as tasty,
194.         healthy snacks.↵
195.         Add vegetables to stir-fries, stews and curries - the more
196.         vegetables the better.↵
197.     ↵
198.     </P>↵
199. </div>↵
200. <!--wholegrain section-->↵
201. <div id="wholegrains">↵
202.     <h2>Carbohydrates </h2>↵
203.     <p><strong>Wholemeal cereals and breads, potatoes, pasta and rice
204.     </strong><br>↵

```

```

191.         The foods on this shelf are the best energy providers for your
body. <br>
192.         <strong>Choose 3 to 5 servings a day.Up to 7 servings for teenage
boys and men aged 19-50.</strong>
193.         </strong>
194.         <strong>Very active people will need more.</strong><br>Wholegrain
choices contain fibre to help your digestive
195.         system and can protect against bowel diseases. Wholemeal breads,
cereals and potatoes provide the best
196.         energy for the body to work. The amount of energy you need depends
on your physical activity levels. Adults
197.         watching their weight will need less. <strong>The number of
servings you need depends on age, size, if you are a man or
198.         a woman and on activity levels.</strong>
199.     </p>
200.     <table>
201.         <tr>
202.             <td>
203.                 
</td>
204.             <td>
205.                 
</td>
206.             <td>
207.                 
</td>
208.             <td>
209.                 
</td>
210.         </tr>
211.     </table>
212.     <td>potatoes</td>
213.     <td>wheat</td>
214.     <td>pasta</td>
215.     <td>bread</td>
216. </table>
217. <p><strong>Healthy Eating Tips</strong> <br>Choose a variety of foods
from this shelf every day.
218. Try using brown rice and wholewheat pasta and check your portion
guide.
219. </P>
220. </div>
221. <!--dairy section-->
222. <div id="dairy">
223.     <h2>Cheese Milk & Yogurt</h2>
224.     <p><strong>Milk, yogurt and cheese</strong> <br>Calcium found in dairy
foods is important for bone health and especially during the teenage growth
spurt.
225.     Vitamin D helps absorb calcium better. The Irish diet is low in
vitamin D - talk to your pharmacist or doctor about taking a supplement.
226.     Low fat options provide the same amount of calcium and other
nutrients with fewer calories and saturated fat.
227.     All foods from this shelf are a good source of calcium, protein,
vitamin B12, riboflavin and vitamin A.
228. </p>
229.     <table>
230.         <tr>
231.             <td>
232.                 </td>
233.             <td>
234.                 </td>
235.             <td>
236.                 </td>
237.             <td>
238.                 </td>
239.         </tr>
240.     </table>
241.     <td>cheese</td>
242.     <td>milk</td>
243.     <td>greek yogurt</td>
244.     <td>yogurt</td>

```

```

245.         </table><↵
246.         <P><strong> Healthy Eating Tips </strong><br>Choose reduced-fat or low-
fat varieties.↵
247.             Choose low fat milk and yogurt more often than cheese. Milk on
cereal can be a good ↵
248.             way to reach 5 servings a day if aged 9 to 18 years. Some yogurts
and yogurt drinks ↵
249.             can have added sugar. Check the label.If choosing dairy
alternatives such as soya milk and yogurts,↵
250.             choose those with added calcium. </P><↵
251.     </div><↵
252.     <!--healthy_protein section--><↵
253.     <div id="healthy_protein"><↵
254.         <h2>Tasty Mains </h2><↵
255.         <p><strong>Meat, poultry, fish, eggs, beans and nuts</strong><br><↵
256.             The foods on this shelf provide protein for growth and repair. ↵
257.             They are also the main source of iron for healthy blood.↵
258.             <strong>Choose 2 servings a day. ↵
259.             </strong><br>Lean red meat is a good source of iron.↵
260.             Chicken, turkey and fish are good low-fat options. Oily fish
provides essential omega 3 fats. ↵
261.             Beans and eggs are good sources of protein and are low in fat. ↵
262.             They are a good choice for meat free days.↵
263.             Limit processed salty meats such as sausages, bacon and ham – not
every day. ↵
264.         </p><↵
265.         <table><↵
266.             <tr><↵
267.                 <td><↵
268.                     
</td><↵
269.                     <td><↵
270.                         
</td><↵
271.                         <td><↵
272.                             
</td><↵
273.                             <td><↵
274.                                 
</td><↵
275.                         </tr><↵
276.                     ↵
277.                         <td>raw protein</td><↵
278.                         <td>fresh protein </td><↵
279.                         <td>healthy protein</td><↵
280.                         <td>tender steak</td><↵
281.                     </table><↵
282.                     <P><strong>Healthy Eating Tips</strong> Base your meals on
vegetables, salad and fruit. ↵
283.                     Add salad vegetables to sandwiches. Limit fruit juice to once a day
with a meal and always choose unsweetened. Choose fruit and raw vegetables such
as chopped carrots as tasty, healthy snacks. ↵
284.                     Add vegetables to stir-fries, stews and curries – the more
vegetables the better.↵
285.                     </P><↵
286.                     ↵
287.                 </div><↵
288.                 <!--fats section--><↵
289.                 <div id="fats"><↵
290.                     <h2>Fatty Oils</h2><↵
291.                     <p><strong>Foods and drinks high in fat, sugar and salt</strong><↵
292.                         Most people consume snacks high in fat, sugar and salt and sugar
sweetened drinks up to ↵
293.                         6 times a day (Healthy Ireland Survey 2016). There are no
recommended servings for this shelf ↵
294.                         because they are not needed for good health. These foods have
little nutritional value and may ↵
295.                         cause obesity which can lead to heart disease, type 2 diabetes and
some cancers. Many processed↵
296.                         foods like cakes, biscuits and confectionery contain high levels
of added sugars and can be ↵

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297.         high in calories. Eating too much salt can lead to raised blood
pressure, which triples your ↵
298.         chances of developing heart disease and stroke. Many processed
foods like takeaways and ready ↵
299.         meals are high in fat and can be harmful to heart health.
↵
300.         </p>↵
301.         <table>↵
302.             <tr>↵
303.                 <td>↵
304.                     </td>↵
305.                 <td>↵
306.                     </td>↵
307.                 <td>↵
308.                     </td>↵
309.                 <td>↵
310.                     </td>↵
311.             </tr>↵
312.         ↵
313.             <td>butter & oil</td>↵
314.             <td>spread</td>↵
315.             <td>candy</td>↵
316.             <td>fries</td>↵
317.         </table>↵
318.         <P><strong>Healthy Eating Tips</strong> Limit foods and drinks high in
fat, sugar and salt to sometimes ↵
319.         - not every day. Choose smaller amounts or fun-size servings. Limit
chips and takeaway food as much ↵
320.         as possible - most are very high in fat, salt and calories. ↵
321.         Choose healthy snacks such as fruit and vegetables. Drink water
instead of sugary drinks.↵
322.         </P>↵
323.         ↵
324.         </div>↵
325.         <!--serving guide section-->↵
326.         <div id="portion">↵
327.             <h2>How much to eat</h2>↵
328.             <p><strong>Serving Size Guide</strong> <br><strong><em>1 serving</em></strong>
</strong>↵
329.             <br><strong>Cereals, cooked rice and pasta </strong><br>Use a 200ml
disposable plastic cup to guide portion serving size.<br> Reduced fat spread
Portion packs of reduced fat spread found in cafes can guide the amount you
use. <br>One should be enough for two slices of bread. <br>↵
330.             <strong>Vegetable, salad and fruit </strong><br>Use a 200ml
disposable plastic cup to guide portion serving size. <br>Oils Use one teaspoon
of oil per person when cooking or in salads. cup dry porridge oats or ½ cup
unsweetened muesli 1 cup flaked type breakfast cereal 1 cup cooked rice, pasta
or noodles Apple, orange, pear or banana 1 Plums, kiwis or mandarin oranges 2
Strawberries 6 Grapes 10 Raspberries 16 Cooked vegetables - fresh or frozen ½
cup Salad - lettuce, tomato, cucumber 1 bowl <br>↵
331.             <strong> Meat, poultry and fish</strong> <br>The palm of the hand,
width and depth without↵
332.             fingers and thumbs, shows how much meat, poultry and fish you need
in a day. Lean beef, ↵
333.             lamb, pork, mince or poultry 50-75g cooked (half size of palm of
hand) Cooked fish 100g <br>↵
334.             <strong>Cheese </strong><br>Use two thumbs, width and depth to
guide portion size.2 thumbs (25g) of hard or semi-hard cheese such as cheddar
or edam 2 thumbs (25g) soft cheese such as brie or camembert 2↵
335.             ↵
336.         ↵
337.         </p>↵
338.         ↵
339.         </div>↵
340.         <!--footer section-->↵
341.         <div id="footer">↵
342.             <h2>Contact Me!</h2>↵
343.             <p>Sinead's Mobile: +353 876030099</p>↵
344.             <p>Copyright &copy; 2022 , SJK_Code</p>↵
345.             <p>All rights reserved!<br>↵
346.             developed and maintained by SJK</p>↵

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```
347.      <hr>↵
348.      <!-- section for navigation-->↵
349.      <div>↵
350.          <nav >↵
351.              <ol>↵
352.                  <a href="#home">Home</a>|↵
353.                  <a href="#fruit vegetable">Fruit & Veg</a>|↵
354.                  <a href="#wholegrains">Wholegrains</a>|↵
355.                  <a href="#dairy">Dairy</a>|↵
356.                  <a href="#healthy_protein">Raw Protein</a>|↵
357.                  <a href="#fats">Fats</a>|↵
358.                  <a href="#portion">Portion Guideline</a>|↵
359.                  <a href="#footer">Contact</a>↵
360.              </ol>↵
361.          </nav >↵
362.      </div>↵
363.  </div>↵
364.  ↵
365.  ↵
366. </body>↵
367. ↵
368. </html>
```

Used the HTML parser.

Total execution time 49 milliseconds.

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