



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (mostly) products,
mostly wholegrain and
at least high cereal
fibre varieties



Lean meats and
poultry, fish, eggs,
tofu, nuts and seeds
and legumes/beans



Use small amounts



Vegetables and
legumes/beans



Milk, yoghurt, cheese and/or
alternatives, mostly reduced fat



Only sometimes and in small amounts



Guide To Healthy Eating 2013

Kathleen Armour



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