# Australian Guide to Healthy Eating

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



Use small amounts

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



Only sometimes and in small amounts

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

Fruit.



# **Guide For Healthy Eating**

**Kayla Itsines** 

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