



Australian Guide to Healthy Eating

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

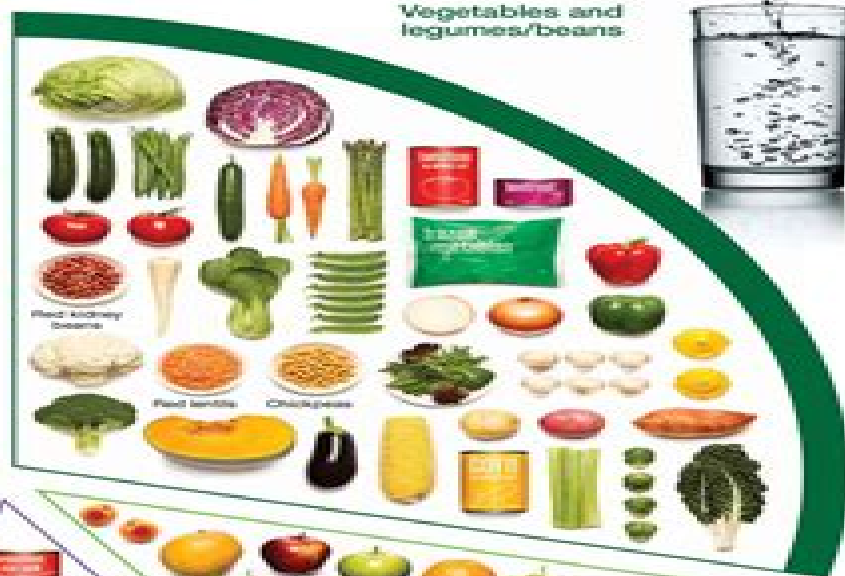
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



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



Vegetables and legumes/beans



Fruit



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



Use small amounts




Only sometimes and in small amounts



Guide To Healthy Eating

**Jodie Shield, M.Ed., R.D, Mary
Catherine Mullen, M.S., R.D**



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