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

Use small amounts

Fruit

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

Only sometimes and in small amounts
Eat for health

Dietary Guidelines for All Australians

1. To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

2. Enjoy a wide variety of nutritious foods from the Five Food Groups every day and drink plenty of water.

3. Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

4. Encourage, support and promote breastfeeding.

5. Care for your food; prepare and store it safely.

For more information visit: www.eatforhealth.gov.au