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**
- Polenta
- Muesli
- Wheat flakes

**Vegetables and legumes/beans**
- Red kidney beans
- Chickpeas
- Red lentils
- Mixed nuts

**Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans**
- Penne
- Fettuccine
- Quinoa
- Lentils
- Chickpeas
- Penne
- Fettuccine

**Milk, yoghurt, cheese and/or alternatives, mostly reduced fat**
- Milk
- Yoghurt
- Cheese

**Fruit**
- Apples
- Oranges

**Use small amounts**
- Sugar
- Salt

**Only sometimes and in small amounts**
- Processed meats
- Biscuits
- Soft drinks