



Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types of foods from the five food groups every day.



Drink plenty of water.



Use small amounts



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



Only sometimes and in small amounts

Eat healthy, stay strong and live long

Drink Water
Got thirsty...
water first!

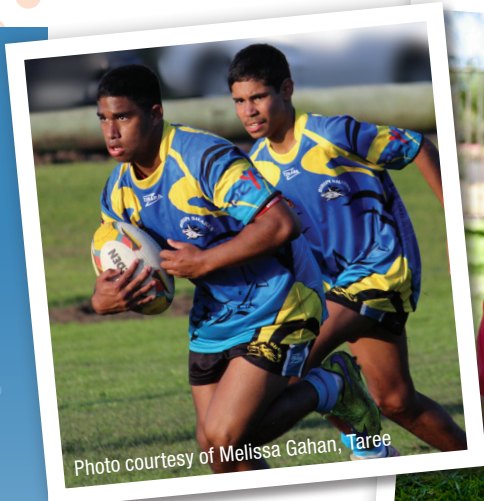


Photo courtesy of Melissa Gahan, Taree



Be active every day

Eat Less Sugar

- Limit foods and drinks with added sugar
- Add less sugar to your tea or coffee



Eat Less Saturated Fat

- Limit fried foods
- Trim fat off meat
- Take skin off chicken
- Choose reduced fat milk



Eat Less Salt

- Don't add salt as you cook or at the table
- Choose low salt foods



Healthy Snack Ideas

