

active and choose amounts of nutritious food and drinks to meet your energy needs



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



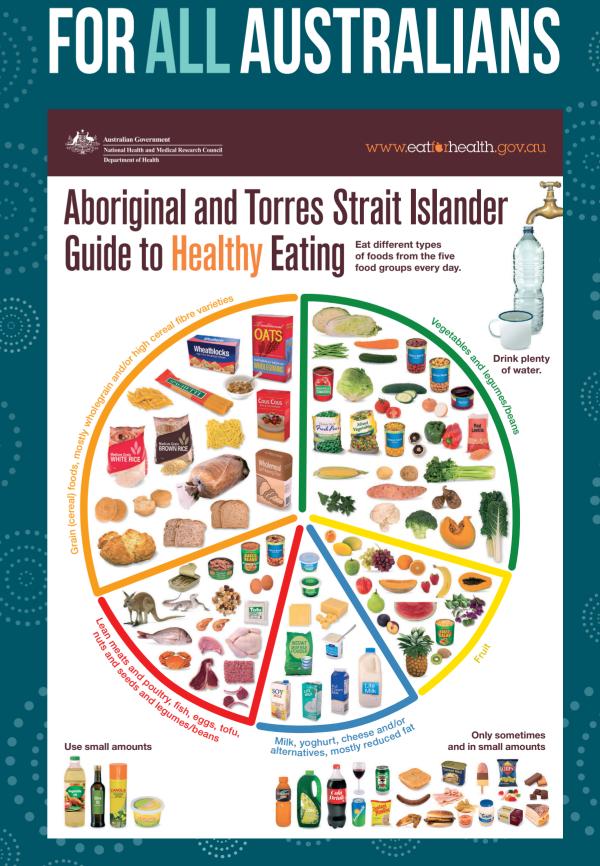
Limit intake of foods containing saturated fat, added salt, added sugars and alcohol



Encourage, support and promote breastfeeding



Care for your food; prepare and store it safely





Australian Government

National Health and Medical Research Council

Department of Health

For more information visit www.eatfinhealth.gov.au