

# Eat for health



- 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

## DIETARY GUIDELINES FOR ALL AUSTRALIANS

Australian Government  
National Health and Medical Research Council  
Department of Health

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

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

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

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

Vegetables and legumes/beans

Fruit

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

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

Use small amounts

Only sometimes and in small amounts

Drink plenty of water.



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