Aboriginal and Torres Strait Islander Guide to Healthy Eating

Drink plenty of water.

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

Use small amounts

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

Only sometimes and in small amounts

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

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

Fruit

Vegetables and legumes/beans
Eat healthy, stay strong and live long

Drink Water
Got thirst... water first!

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