



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.

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



Vegetables and legumes/beans



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



Fruit



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



Only sometimes and in small amounts

Use small amounts



Eat healthy, stay strong and live long

Drink Water
Got thirsty...
water first!

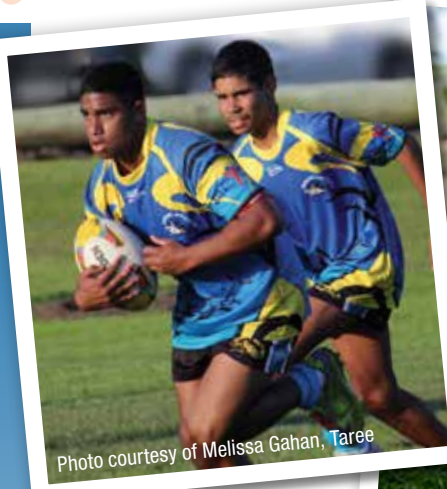


Photo courtesy of Melissa Gahan, Taree



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

