

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

Aboriginal and Torres Strait Islander Guide to Healthy Eating

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

Use small amounts

Only sometimes and in small amounts

Drink plenty of water.



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For more information visit
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