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Australian Government

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 National Health and Medical Research Council

 Department of Health

Aboriginal and Torres Strait Islander Gain Gran born and the second se Guide to Healthy Eating Eat different types of foods from the five food groups every day. Vegetables and legumes/beans **Drink plenty** of water. Lean The ers and boulity fish, eggs, tofu, Tofu Milk, yoghurt, cheese and or alternatives alternatives, mostly reduced fat **Only sometimes** Use small amounts and in small amounts

Eat healthy, stay strong and live long

Drink Water Got thirst... water first!



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



