



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these 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

Use small amounts



Only sometimes and in small amounts

