



# 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



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



Fruit



Use small amounts



Only sometimes  
and in small amounts



# Eat healthy, stay strong and live long

Drink Water  
Got thirst...  
water first!

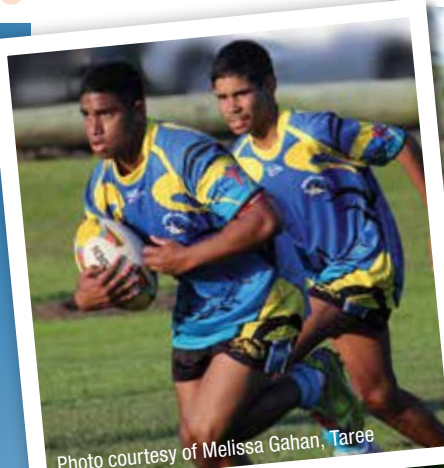


Photo courtesy of Melissa Gahan, Taree

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

