

# Eat for health

## DIETARY GUIDELINES FOR ALL AUSTRALIANS

- 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



Australian Government  
National Health and Medical Research Council  
Department of Health

For more information visit  
[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)