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
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- Use small amounts
- Only sometimes and in small amounts

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