Eat different types of foods from the five food groups every day.

- **Aboriginal and Torres Strait Islander Guide to Healthy Eating**

1. **Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties**
2. **Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans**
3. **Vegetables and legumes/beans**
4. **Milk, yoghurt, cheese and/or alternatives, mostly reduced fat**
5. **Fruit**

**Drinking**

- **Drink plenty of water.**

**Using**

- **Use small amounts and in small amounts**
- **Only sometimes**