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

- Polenta
- Quinoa
- Penne
- Wheat flakes
- Muesli

Vegetables and legumes/beans

- Red kidney beans
- Lentils
- Chickpeas
- Mixed nuts
- Red lentils
- Chickpeas
- Fettuccine

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

- Penne
- Fettuccine
- Mixed nuts
- Red lentils
- Chickpeas

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

- Soy drink
- Milk
- Yoghurt
- Skim milk powder

Fruit

- Pineapple
- Watermelon

Use small amounts

- Oil spray
- Margarine

Only sometimes and in small amounts

- Savoury snack biscuits
- Cookies
- Chocolate
- Wine
- Soft drink
- Soy drink
- Full fat milk
- Cheese