To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs

Enjoy a wide variety of nutritious foods from the Five Food Groups every day and drink plenty of water

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol

Encourage, support and promote breastfeeding

Care for your food; prepare and store it safely

For more information visit: www.eatforhealth.gov.au