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
- Fettuccine
- Wheat flakes
- Museli
- Rolled oats

Vegetables and legumes/beans

- Red kidney beans
- Red lentils
- Chickpeas
- Mixed nuts
- Lentils
- Chickpeas
- Penne
- Fettuccine
- Corn
- Tomato
- Capsicum
- Carrot
- Broccoli

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

- Tofu
- Shrimp
- Fish
- Mixed nuts
- Eggs

Fruit

- Apple
- Pear
- Banana
- Kiwi fruit
- Tomato
- Watermelon
- Pineapple
- Orange

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

- Milk
- Yoghurt
- Cheese
- Skim milk
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Use small amounts

- Sugar
- Soft drink
- Margarine
- Canola spray

Only sometimes and in small amounts

- Savory snacks
- Biscuits