Aboriginal and Torres Strait Islander Guide to Healthy Eating

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

- **Grain (cereal) foods**: Mostly wholegrain and/or high cereal fibre varieties.
- **Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans**.
- **Vegetables and legumes/beans**.
- **Milk, yoghurt, cheese, and/or alternatives, mostly reduced fat**.
- **Fruit**
- **Drink plenty of water**.

Use small amounts and in small amounts.