

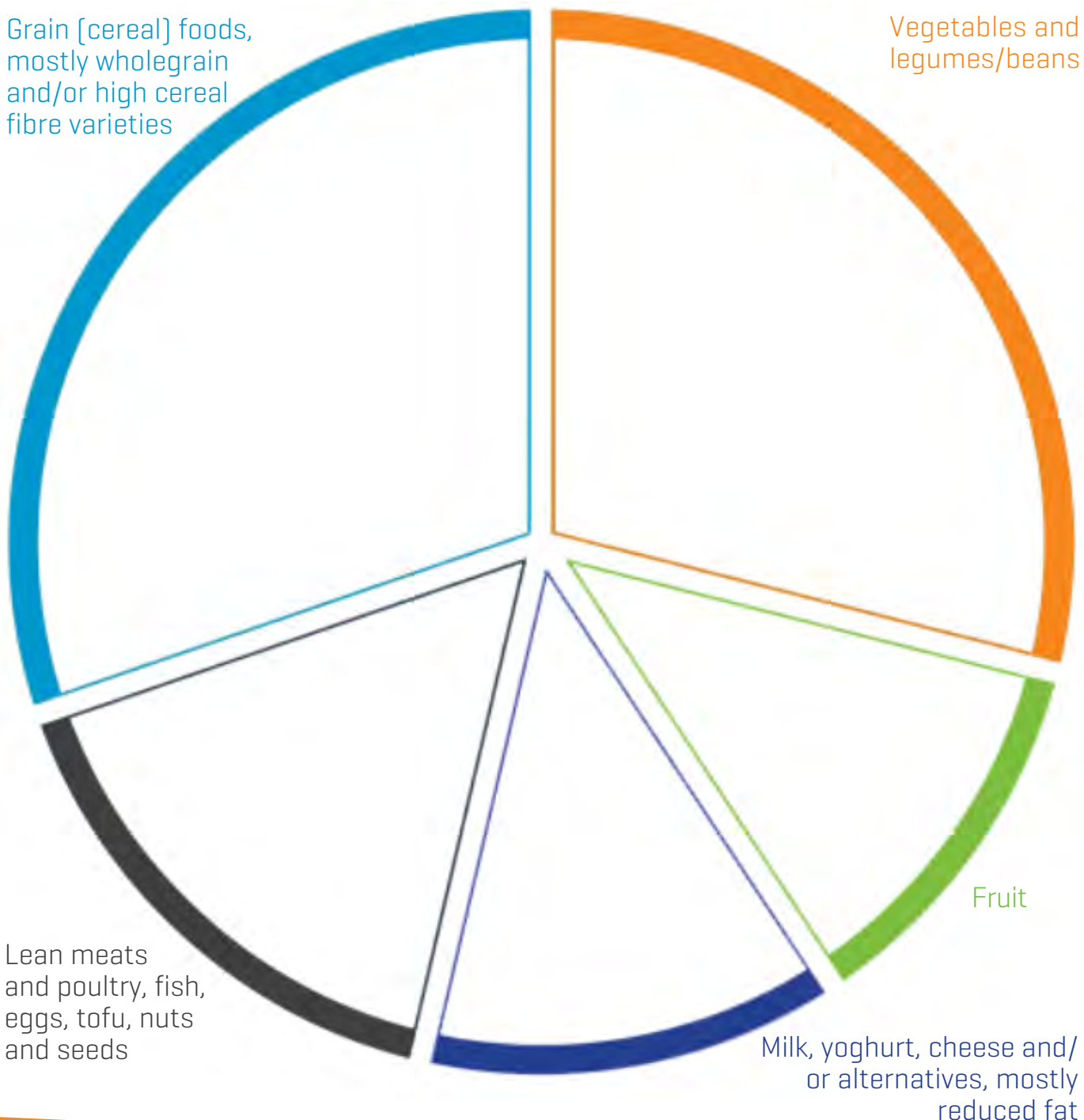
Australian Guide to Healthy Eating

Use magazines, newspapers or print out images, cut and paste foods into the five key food groups shown below.

Enjoy a wide variety of nutritious foods from these five food groups every day and remember to drink plenty of water.

Grain [cereal] foods,
mostly wholegrain
and/or high cereal
fibre varieties

Vegetables and
legumes/beans



Lean meats
and poultry, fish,
eggs, tofu, nuts
and seeds

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