

Making healthy food choices



ACT
Government

Nutrition
Australia

Introduction

Eating healthy, as part of a healthy lifestyle, plays an important role towards maintaining a healthy weight and reducing your risk of disease.

Healthy eating from the five food groups

The key to eating healthy is to enjoy a variety of food from each of the five food groups. Each food group provides different nutrients that your body need every day. These nutrients help give you energy, repair your skin and muscles and can help fight sickness.

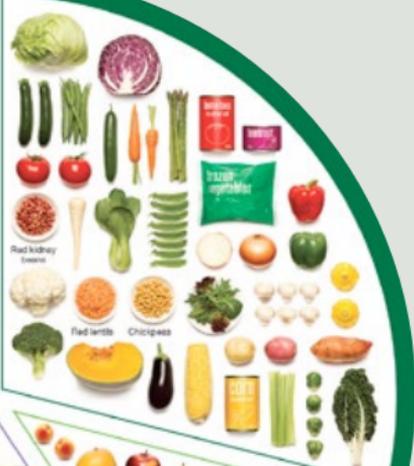
The five food groups are represented in *The Australian Guide to Healthy Eating*. This guide represents the proportion of each food group we should include in our daily diet.

Water and small amounts of healthy fats are also needed every day for health.

Grain (cereal) foods, mostly wholegrain and/or high fibre cereal varieties



Vegetables and legumes/beans



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



Milk, yogurt, cheese and/or alternatives

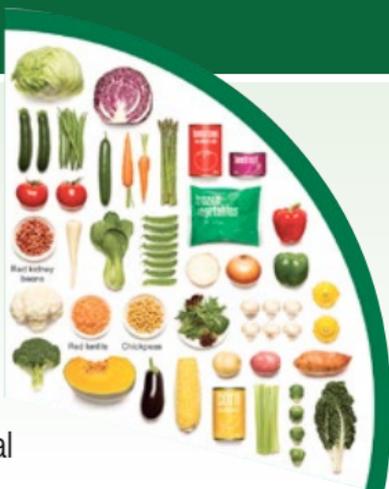


Fruit



Vegetables

- ✓ Helps to fight disease and illness
- ✓ Helps to maintain a healthy weight
- ✓ At least half of your meals should be vegetables
- ✓ Choose a variety with every meal



Grain foods

- ✓ Provides energy to help you be active
- ✓ Choose wholegrains and wholemeal varieties
- ✓ Up to one quarter of your meals should be grain foods



RICE



BREAD



OATS



COUS COUS



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Fruit

- ✓ Helps to fight disease and illness
- ✓ Provides energy to help you be active
- ✓ Enjoy as a daily snack
- ✓ Enjoy a variety
- ✓ Limit fruit juice



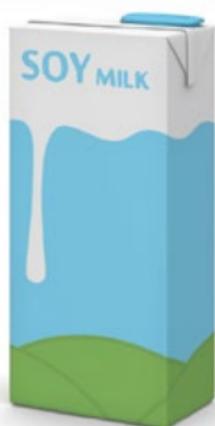
Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes

- ✓ Provides protein for growth and repair of your body
- ✓ When eating meat, choose lean varieties
- ✓ Up to one quarter of your meals should be from this food group



Milk, yogurt, cheese & alternatives

- ✓ Helps keep your bones strong
- ✓ Alternatives can include soy or rice milk with added calcium
- ✓ Choose reduced fat varieties
- ✓ Enjoy as a snack or add to meals



Healthy fats and oils

- ✓ Olive
- ✓ Canola
- ✓ Peanut
- ✓ Sunflower

Use small amounts in cooking



Water

- ✓ Drink regularly every day to stay hydrated
- ✓ Tap water in Canberra is safe



Discretionary (sometimes) foods

- ✗ Do not provide important nutrients
- ✗ Contain too much sugar, fat and salt
- ✗ Contribute to excessive weight gain
- ✗ Contribute to diet related diseases
- ✗ Avoid or limit to special occasions only



More information

To find out about making healthy food choices contact:

ACT Nutrition Support Service

Website www.actnss.org

Email info@actnss.org

Telephone 02 6162 2583

The information in this brochure is based on the National Health and Medical Research Council's 2013 publication, *Australian Guide to Healthy Eating*, <www.eatforhealth.gov.au>.



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