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
- Penne
- Wheat flakes
- Muesli
- Rolled oats

Vegetables and legumes/beans

- Red kidney beans
- Red lentils
- Chickpeas
- Lentils
- Chickpeas
- Corn
- Broccoli
- Capsicum
- Tomato

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

- Mixed nuts
- Tofu
- Eggs
- Fish
- Lean meats
- Penne
- Fettuccine

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

- Milk
- Yoghurt
- Cheese
- Soy milk

Fruit

- Apple
- Banana
- Orange
- Pineapple

Use small amounts

- Soft drink
- Savoury snack biscuits
- Potato chips
- Marerss
- Canned spray
- Margarine

Only sometimes and in small amounts