# 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**

Muesli

Polenta

Quinoa

Fettuccine

Penne

rolled oats

hokkien noodles

couscous

brown rice

white rice

Wheat flakes

**Vegetables and legumes/beans**

tomatoes no added salt

beetroot

frozen vegetables

Red kidney beans

Red lentils     Chickpeas

corn

Chickpeas

Mixed nuts

Lentils

Red kidney beans

tofu

tuna

baked beans

evaporated skim milk

low fat cottage cheese

yoghurt low fat

low fat ricotta

low fat milk

milk

soy drink with calcium

low fat UHT milk

skim milk powder

peaches

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

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

**Fruit**

**Use small amounts**

canola spray

margarine

**Only sometimes and in small amounts**

sports drink

soft drink

savoury snack biscuits

cream

potato chips