

# 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



Vegetables and legumes/beans



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



Only sometimes and in small amounts



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## Teacher Information

- The Australian Guide to Healthy Eating is a food selection guide which illustrates proportions of serves of the Five Food Groups recommended each day for optimal nutrition and health.
- The Guide is based on recommended food intakes for the population as a whole, and is designed for healthy Australians, including those with common health risks such as being overweight.

### Enjoying healthy choices

- The message “Enjoy a wide variety of nutritious foods and drink plenty of water” recognises there are social, sensory and personal aspects of food and drink.
- It highlights the need to choose healthy foods from across each of the Five Food Groups, and eating healthy foods should be a pleasurable experience.
- Foods are grouped based on nutrient content although foods in each group may still vary in nutrient types and amounts. Eating a variety from each group over a day or week is recommended to ensure nutritional adequacy.
- For example orange vegetables such as carrots and pumpkin contain significantly more beta carotene than other vegetables in that group, whereas green leafy vegetables provide more folate.

### What about the foods in the “Use small amounts” section?

- Fats can improve the taste and texture of some foods but all fats are high in kilojoules, and the types of fats we consume can affect our health.
- Small amounts of unsaturated spreads and oils are needed to provide essential fatty acids and to support absorption of fat soluble vitamins A, D, E and K.
- Saturated fats may increase blood cholesterol levels and increase the risk of developing cardiovascular disease; therefore these fats should be limited in the diet.

### And the “discretionary choices”?

- Foods in this category should only be eaten sometimes, and in small amounts.
- These foods are not needed to meet nutritional requirements, and do not fit into the Five Food Groups.
- All contain high fat, added sugar or added salt, and contribute to energy intake.
- They are however, part of our culture, and may be enjoyed as part of celebrations and social activities.
- Amounts are limited by total energy requirements and intake should not displace healthy foods.

### Why water?

- Plain water is the best way to quench thirst.
- Tap water is the most affordable, and more water should be drunk when the weather is hot, or when undertaking physical activity.

## Useful websites

- Australian Guide to Healthy Eating <http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>



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