

## Australian Dietary Guidelines 2013

<b>Guideline 1:</b>	<p>To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.</p> <ul style="list-style-type: none"> <li>• Children and adolescents should eat sufficient nutritious foods to grow and develop normally.</li> <li>• They should be physically active every day and their growth should be checked regularly.</li> <li>• Older people should eat nutritious foods and keep physically active to maintain muscle strength and a healthy weight.</li> </ul>
<b>Guideline 2:</b>	<p>Enjoy a wide variety of nutritious foods from these five food groups every day:</p> <ul style="list-style-type: none"> <li>• Plenty of vegetables of different types and colours, and legumes/beans</li> <li>• Fruit</li> <li>• Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley</li> <li>• Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans</li> <li>• Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)</li> <li>• And drink plenty of water</li> </ul>
<b>Guideline 3:</b>	<p>Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.</p> <ul style="list-style-type: none"> <li>• Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks. <ul style="list-style-type: none"> <li>◦ Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.</li> <li>◦ Low fat diets are not suitable for children under the age of 2 years.</li> </ul> </li> <li>• Limit intake of foods and drinks containing salt. <ul style="list-style-type: none"> <li>◦ Read labels to choose lower sodium options among similar groups</li> <li>◦ Do not add salt to cooking or at the table</li> </ul> </li> <li>• Limit the intake of foods high in added sugar such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.</li> <li>• If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.</li> </ul>
<b>Guideline 4:</b>	<ul style="list-style-type: none"> <li>• Encourage, support and promote breastfeeding</li> </ul>
<b>Guideline 5:</b>	<ul style="list-style-type: none"> <li>• Care for your food and prepare it and store it safely</li> </ul>

(Source: National Health and Medical Research Council, 2013)

### Useful websites

- Australian Dietary Guidelines for children: [http://www.nhmrc.gov.au/files\\_nhmrc/publications/attachments/n55f\\_children\\_brochure.pdf](http://www.nhmrc.gov.au/files_nhmrc/publications/attachments/n55f_children_brochure.pdf)
- Eat for health: <http://www.eatforhealth.gov.au/>

**The Guidelines are for all healthy Australians except frail elderly or those needing a special diet.**

