Australian Guide to Healthy Eating

- 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
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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
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Vegetables and legumes/beans

Fruit

Use small amounts

Only sometimes and in small amounts