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
- Quinoa
- Polenta
- Wheat flakes
- Muesli

Vegetables and legumes/beans
- Red lentils
- Chickpeas
- Red kidney beans
- Frozen vegetables
- Lentils
- Chickpeas
- Fettuccine
- Mixed nuts
- Lentils
- Red kidney beans

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Penne
- Muesli
- Chickpeas
- Mixed nuts

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- Low-fat milk
- Low-fat yoghurt
- Milk powder

Use small amounts

Only sometimes and in small amounts