Australian Guide to Healthy Eating
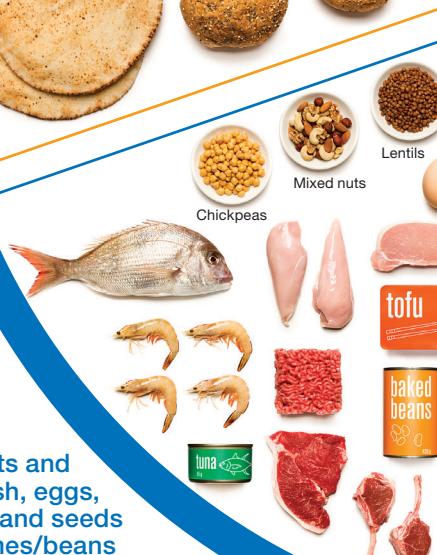
Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

rolled oats

Muesli

Polenta

hokkien noodles

couscous

Quinoa

Fettuccine

Penne

brown rice

white rice

Wheat flakes

Vegetables and legumes/beans

tomatoes no added salt

beetroot

frozen vegetables

Red kidney beans

Red lentils   Chickpeas

corn

Fruit

evaporated skim milk

low fat cottage cheese

cheddar cheese reduced fat

yoghurt low fat

low fat ricotta

low fat milk

milk

soy drink with calcium

low fat UHT milk

skim milk powder

peaches no added sugar

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

Chickpeas

Mixed nuts

Lentils

Red kidney beans

tofu

baked beans

tuna

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

Use small amounts

canola spray

margarine

Only sometimes and in small amounts

sports drink

soft drink

savoury snack biscuits

cream

potato chips