

Healthy Eating

To stay healthy, eat a variety of foods from the five food groups every day and drink lots of water.

Grains and cereals: mostly wholegrain and high fibre	Fresh vegetables, beans, legumes and fresh fruits	Lean meats and poultry, fish, eggs, tofu, nuts, seeds, legumes and beans	Milk, yoghurt, cheese and/or alternatives	Fats, oils
rice noodles bread rolls pita wraps wheat flakes rolled oats muesli couscous polenta quinoa pasta	potatoes onions carrots zucchini squash pumpkin corn eggplant broccoli asparagus beans peas tomatoes apples bananas berries oranges grapes melon pineapple plums cherries mangoes pears kiwifruit	steak chops mince chicken eggs fish prawns baked beans tofu lentils chickpeas mixed nuts red kidney beans	cow milk goat milk soy drink yoghurt cheese cream butter	olive oil canola oil margarine

