

Healthy eating every day

What should I eat?

To stay healthy and to have lots of energy, you need to eat a variety of foods. Every day, you need to eat some foods from the following five groups:

- » grains- cereals, breads, pasta, rice, oats
- » vegetables and legumes/beans
- » fruit
- » dairy foods – milk, yoghurt, and cheese
- » meats and meat alternatives – beef, lamb, pork, chicken, fish, eggs, tofu, nuts and legumes/beans.

Check out the plate poster over the next page for examples of food you know in these five food groups. A similar Australian Guide to Healthy Eating and more dietary guidelines are at www.eatforhealth.gov.au/guidelines

What about drinks?

We all need water to stay alive. Don't wait until you're thirsty to drink.

What's the best drink? WATER - straight from the tap!

Fruit juices, cordials and soft drinks are ok occasionally, but water is the healthiest and cheapest drink.

Milk is also a great drink. The calcium in milk keeps your teeth and bones strong. Soft drink, cordial, fruit drinks, vitamin waters, energy drinks and sports drinks all have a lot of sugar. They can increase your risk of weight gain, cause tooth decay and affect the strength of your bones.

If you are very active or play a lot of sport, you will need more water during the day. Keep a bottle of water with you and drink from it regularly. Refill from the tap, and keep in the fridge, ready to go.

See next page for: *How much do I need?* table.

How much do I need?

What food groups?	What's a serve?	How many serves a day?	Ideas
BREADS, CEREALS, RICE & PASTA	<ul style="list-style-type: none"> » ½ bread roll » 1 slice bread » ½ cup pasta, rice or noodles » ¾ cup breakfast cereal » ½ cup cooked porridge 	6-7 serves	<ul style="list-style-type: none"> » Cereal or porridge with milk » Sandwiches and wraps » Pasta and rice dishes
Vegetables	<ul style="list-style-type: none"> » ½ cup cooked green vegetables (e.g. beans or carrots) » 1 small potato or ½ sweet potato » 1 cup salad (lettuce, spinach) » ½ cup cooked canned beans, peas or lentils 	5-6 serves	<ul style="list-style-type: none"> » Roast vegetables » Salad with lettuce, tomato, cucumber » Soups and casseroles » Baked beans » Salad sandwich » Vegetable stir-fry
FRUIT	<ul style="list-style-type: none"> » 1 apple or orange or banana » 2 pieces of small fruit (e.g. plum, kiwi fruit) » small handful of sultanas » small tub of tinned fruit 	2 serves	<ul style="list-style-type: none"> » Fruit on breakfast cereal » Fruit salad » Frozen berries » Fruit desserts
Dairy - milk, cheese, yoghurt	<ul style="list-style-type: none"> » 1 cup milk » 1 small tub yoghurt » 2 slices of cheese » Choose low fat or 'lite' options if you can 	2-3½ serves	<ul style="list-style-type: none"> » Yoghurt with breakfast » Cheese and tomato sandwich » Cheese on pasta » Glass of milk as a snack
Meat, fish, eggs, tofu	<ul style="list-style-type: none"> » 2 slices of roast meat » ½ cup lean mince » small piece cooked chicken or fish » small can tuna or salmon » 2 eggs » 170 g tofu » Piece of steak (about the size of the palm of your hand). 	2-3 serves	<ul style="list-style-type: none"> » Stir fry » Mincemeat and vegetable pasta sauce » Chicken and vegetables in the oven » Sushi rolls » Tinned tuna in a salad or sandwich » Scrambled eggs