

HOW TO ACHIEVE A BALANCED DIET

Eat a wide variety of food

Enjoy a wide variety of nutritious foods from these five food groups every day. And drink plenty of water.

1. Vegetables and legumes/beans
2. Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
3. Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
4. Fruit
5. Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

- Use small amounts of:
 - oils and margarines
- Only consume sometimes and in small amounts:
 - Alcohol / Softdrink / Cordial
 - Chips / Biscuits / Lollies / Chocolates / Cake etc.
 - Processed Meats e.g. Salami
 - Takeaway food

