

Eat good food to be healthy and strong

Vegetables
(including legumes – baked beans, kidney beans & split peas).

Fruit

Milk, cheese and yoghurt

Meat

including bush meat, chicken, eggs & fish (including nuts & legumes – baked beans).

Breads, cereals, rice, spaghetti & noodles

Drink plenty of water

Eat in small amounts

ADAPTED WITH PERMISSION FROM THE AUSTRALIAN GUIDE TO HEALTHY EATING (1998, COMMONWEALTH DEPARTMENT OF HEALTH AND AGED CARE)

