

## Healthy Eating:

*A healthy diet is essential for good health and nutrition.*

Eating healthy food choices, like the ones seen pictured in the Australian Guide to Healthy eating Chart below, outlines the five food groups that are considered to be core foods that will give you all the necessary nutrients needed by your body to maintain energy and good health.

The five food groups include whole grains, vegetable and legumes, fruit, protein from meat, poultry, fish, eggs, tofu, nuts and seeds and dairy from milk, yoghurt, cheese and /or their alternatives.

Eating a variety of foods from each food group is the best way to ensure you have your nutritional needs met each day for optimal health and wellbeing.

