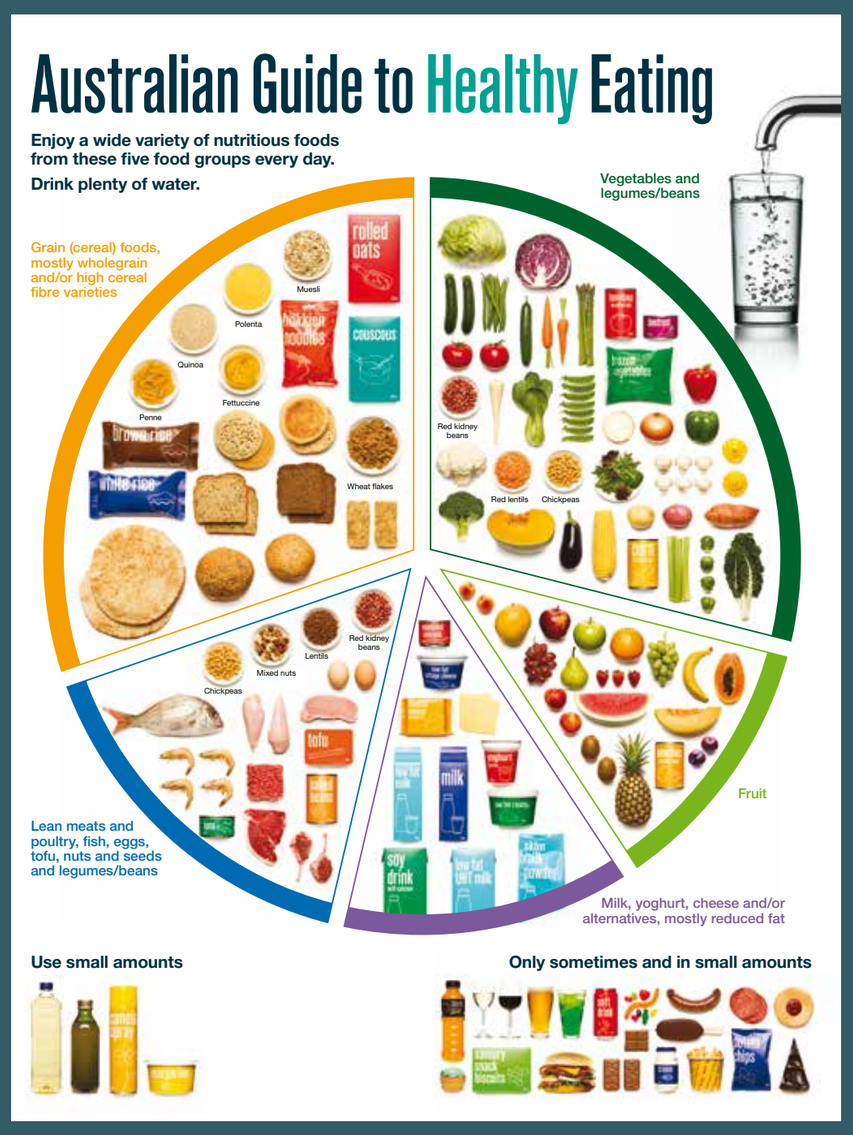
Eat for health

DIETARY GUIDELINES FOR ALL AUSTRALIANS

1. To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs
2. Enjoy a wide variety of nutritious foods from the Five Food Groups every day and drink plenty of water
3. Limit intake of foods containing saturated fat, added salt, added sugars and alcohol
4. Encourage, support and promote breastfeeding
5. Care for your food; prepare and store it safely



Australian Government
National Health and Medical Research Council
Department of Health and Ageing

For more information visit:

www.eatforhealth.gov.au