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

www.eatforhealth.gov.au

# Australian Guide to Healthy Eating

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

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Vegetables and legumes/beans

Fruit

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Use small amounts

Only sometimes and in small amounts

# Healthy Living Pyramid

**Eat in small amounts**  
Oil, Margarine, Reduced-fat spreads, Butter, Sugar

**Eat moderately**  
Lean meat, Eggs, Fish, Chicken (no skin), Milk, Yoghurt, Cheese

**Eat most**  
Vegetables, Dried peas, Beans and Lentils, Cereals, Bread, Fruit, Nuts

Move more

Move more

Optimal health through food variety and physical activity

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