



HEALTH MANAGEMENT DIETETICS

Healthy Eating

Healthy eating is very important to keep you healthy and to make sure you don't get sick or any diseases. Eating healthy means that you can grow up smart and strong!

You can eat healthy by following these easy tips.

What to eat

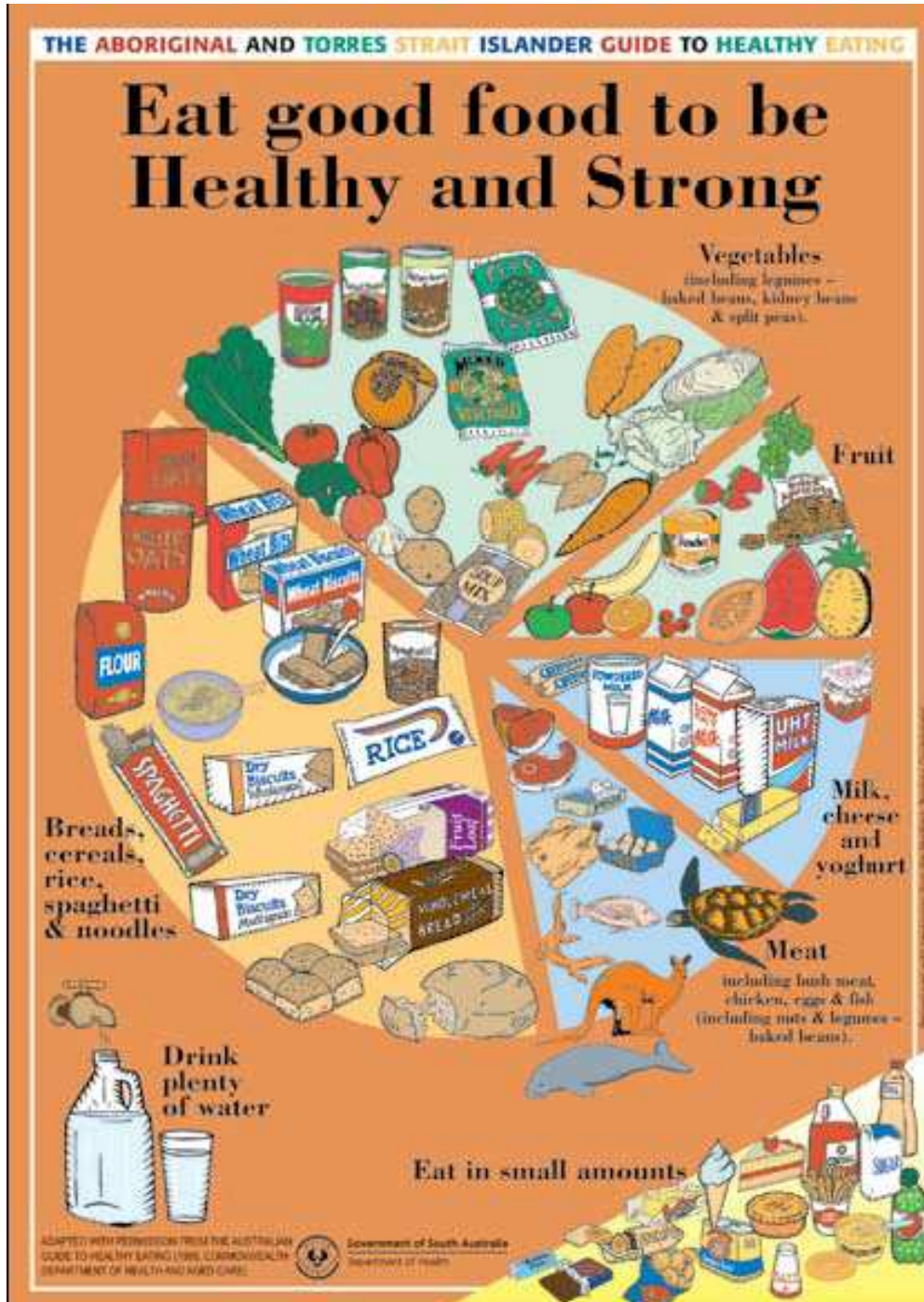
- Eat lots of different foods each day from the 5 food groups (see food plate picture)
 1. Vegetables (5 serves)
 2. Fruits (2 serves)
 3. Breads, cereals, rice, noodles and grains (4 – 10 serves)
 4. Dairy (milk, cheese, yoghurt, custard) (3 serves)
 5. Meat, chicken, fish, kangaroo, goanna, eggs (1 – 2 serves)
- Eat plenty of high fibre breads, cereals, rice and noodles, fruit and vegetables and choose low fat dairy products and meats
 - These are 'every day' foods and should be eaten every day
- Eat less snack foods that are high in sugar and fat as these can lead to too much weight, sugar (diabetes) and an unhealthy heart
 - 'Treat foods' like chips, lollies, pies, softdrink, and chocolate should not be eaten every day
- Drink more water instead of softdrinks, juice, cordial or other sweet drinks when you are thirsty

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Source: South Australian Government - The Aboriginal and Torres Strait Islander Guide to Healthy Eating.

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