

Deadly Healthy Tucker

Eat different types of foods from the five food groups every day.

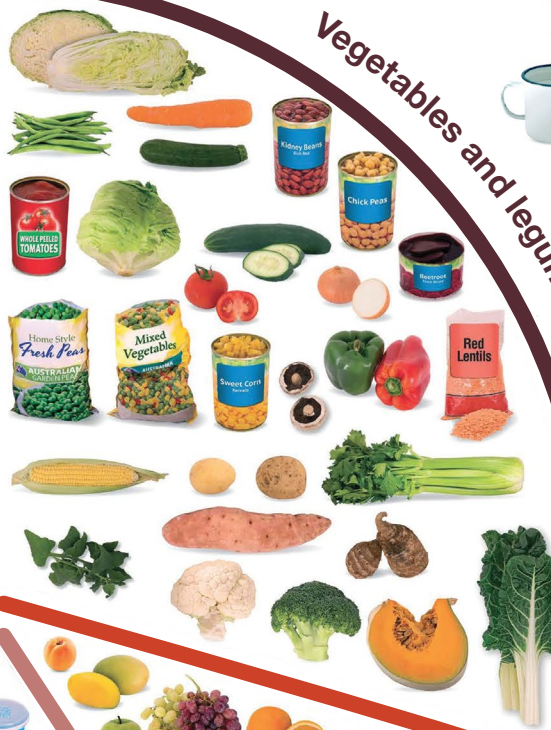
Drink plenty of water.



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



Vegetables and legumes/beans



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



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



Fruit



Use small amounts

Only sometimes and in small amounts



We acknowledge the traditional owners and custodians of this land, the Bunurong People, and pay respect to their Elders past, present and emerging. We recognise and respect their continuing connections to Climate, Culture and Country.

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Partnered by:

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Indigenous artwork by Emma Bamblett, Wemba Wemba clan. Based on material provided by the National Health and Medical Research Council (representing the Commonwealth of Australia) visit eatforhealth.vic.gov.au for more information.