


**Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties***Examples:* Bread, cous cous, crumpets, museli, noodles, oats, rice, pasta, polenta, quinoa, wheat flakes, wraps.

*Main nutrients:* Carbohydrates and fibre.
Carbohydrates are the most important energy source for your body.
Fibre is essential for digestive health and regulating bowel movements. It also makes people feel fuller for longer, assists in regulating cholesterol and blood sugar levels and can be a preventative factor for some diseases.

*Includes* tinned and frozen varieties.

*Main nutrients:* Vitamins and minerals; fibre.

All vegetables provide vitamin C. This vitamin keeps tissues in the body healthy, can help heal wounds, can limit infections and assists in the absorption of iron.
Fruit and vegetables have a range of vitamins and minerals. Due to this diversity, it is important to eat a range of fruits and vegetables – eat the rainbow!
These foods can also reduce the risk of some chronic diseases.

**Vegetables and legumes/beans & Fruit**



**Milk, yogurt, cheese and/or alternatives**

*Examples:*

* Milk – full cream, reduced fat, plain, flavoured, long life, powdered, evaporated, fortified soy.
* Yogurt – full fat, reduced fat, plain, flavoured, fortified soy.
* Cheese

*Main nutrient:* Calcium
An essential nutrient that helps humans build and maintain strong bones and teeth. It also reduces the risk of tooth decay.



*A couple of notes:*

* Reduced fat options are recommended for all, except for children under the age of 2.
* When choosing alternative options – for example, soy milk instead of cow’s milk – it is recommended people look for calcium fortified options.

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

*Main nutrient:* Protein
Protein is the building block for bones, muscles, cartilage and skin while also helping build and repair tissue. It also assists in carrying oxygen around the body, digesting food and hormone regulation.

Also includes iron and B12 which help oxygen circulate the body and reduces tiredness. Zinc is also found in this food group. Zinc supports a healthy immune system.



**Lean meats** Beef
Lamb
Veal
Pork Kangaroo
Lean sausages

**Legumes/
beans**
All beans
Lentils
Chickpeas
Split peas
Tofu

**Nuts & Seeds**
Almonds, Pine nuts, Walnuts, Macadamias, Hazelnuts, Cashews, Peanuts, Nut spreads, Pumpkin seeds, Sesame seeds, Sunflower seeds, Brazil nuts

**Eggs**Chicken
Duck

**Seafood**Fish
Prawns
Crab
Lobster
Mussels
Oysters
Scallops
Clams

**Poultry**Chicken
Turkey
Duck
Emu
Goose
Bush birds



High levels of these ingredients are found in these foods. Regular consumption of these foods increases the risk of:

Salt

Sugar

Type 2 diabetes

Obesity

Cardiovascular disease

Poor mental health

Dental caries

Some cancers

Fats & oils


Examples of foods in this category:


***A note on processed meats:*** *Includes* salami, ham, bacon and frankfurts.

These meats have high saturated fats and salt content, making them sometimes choices.

Chips

Lollies

Soft drink

Ice cream



Cheese on toast OR popcorn OR rice cakes/
corn thins

***Popcorn hacks:***
Spray with olive oil and add different herbs and spices.

Fruit

Water with fresh fruit & mint

Yogurt or fruit smoothie



refers to sugars naturally present in foods.
Natural sugars are found in:

refers to sugars that are:

added during the processing period of foods OR
packaged as sweeteners OR
found in syrup and honey OR
found in concentrated fruit and vegetable juices.

The main source of added sugar consumption comes from:

To avoid the risks of excess sugar consumption, the World Health Organisation (WHO) recommends that daily sugar intake for an adult of a healthy weight is no more than:

Vegetables

Milk

Fruits

Desserts

Baked goods

Sugary drinks

The recommended amount of added sugars for children is:





12 tsp of sugar = 51g

5 tsp of sugar



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| Topic | Website | URL |
| Variety of healthy eating topics  | Better Health Channel  | [https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating](https://www.eatforhealth.gov.au/food-essentials/discretionary-food-and-drink-choices) |
| Healthy eating advice & recipes  | Dietitian’s Australia  | <https://dietitiansaustralia.org.au> |
| Healthy eating on a budget  | No Money, No Time  |  [https://nomoneynotime.com.au](https://www.nhs.uk/live-well/eat-well/why-5-a-day/) |
| Recipes  | Livelighter  | [https://livelighter.com.au](https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating) |
| Healthy Food Guide | <https://www.healthyfood.com> |
| Fussy eating & childhood nutrition | Child Feeding Guide  | [https://www.childfeedingguide.co.uk](https://www.thewomens.org.au/health-information/breastfeeding/breastfeeding-overview/why-breastfeed) |
| Healthy eating for sports  | Sports Dietitians Australia | <https://www.sportsdietitians.com.au> |



Birth – 6 months

6 months (will vary)

12 months

**Breast milk**
provides babies with all the nutrition a baby needs within their first 6 months of life and protects babies from infections and allergies.

**Formula**is the best alternative for breast milk as it provides the nutrients that babies need to grow.

|  |  |
| --- | --- |
| Foods that can be introduced to baby  | Foods to avoid introducing to baby  |
| Iron-rich foods of the right texture:* Minced meat, poultry, fish
* Cooked tofu and legumes
* Mashed, cooked eggs

Other foods that can be added to the iron-rich foods:* *Vegetables* – cooked pumpkin, potato, carrot, broccoli etc.
* *Fruit* – banana, pear, apple etc.
* *Grains* – oats, bread, rice, pasta
* *Dairy* – full fat yogurt or cheese
 | * Honey
* Raw or runny eggs, including products that contain these type of eggs
* Reduced fat dairy foods
* Wholes nuts and similar hard foods
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Babies should be eating roughly 3 small meals a day, as well as breast milk and/or formula.

This is the time when babies are usually first introduced to solid food.

First foods should be smooth or mashed. In the following weeks and months, minced and chopped foods can be introduced.

Babies should still be consuming breast milk and/or formula.



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