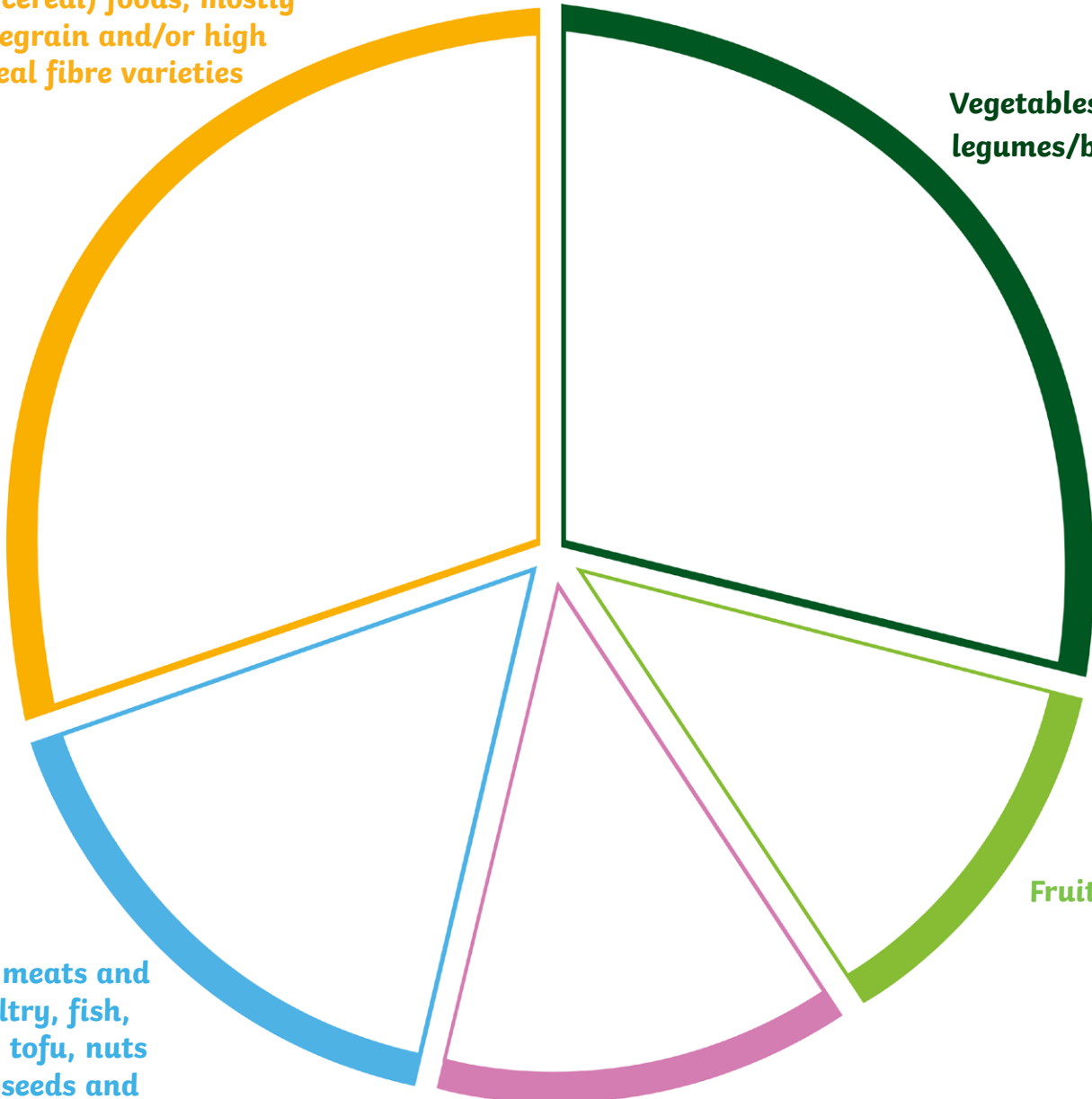


Australian Guide to Healthy Eating Activity Sheet

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

1. Visit the Australian Guide to Healthy Eating website and click on the Guidelines link.
2. In each section of the diagram, write the foods that you often eat.
3. What do you notice about your diet?
