Eat for health

DIETARY GUIDELINES FOR ALL AUSTRALIANS

1. **To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs**

2. **Enjoy a wide variety of nutritious foods from the Five Food Groups every day and drink plenty of water**

3. **Limit intake of foods containing saturated fat, added salt, added sugars and alcohol**

4. **Encourage, support and promote breastfeeding**

5. **Care for your food; prepare and store it safely**

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

For more information visit:

www.eatforhealth.gov.au