

Dietary Guidelines for Australian Adults 2003

Enjoy a wide variety of nutritious foods

Eat plenty of vegetables, legumes and fruits
Eat plenty of cereals (including breads, rice, pasta and noodles),
preferably wholegrain
Include lean meat, fish, poultry and/or alternatives
Include milks, yoghurts, cheeses and/or alternatives
Drink plenty of water

.... and take care to:

Limit saturated fat and moderate total fat intake
Choose foods low in salt
Limit your alcohol intake if you choose to drink
Consume only moderate amounts of sugars
and foods containing added sugars

**Prevent weight gain: be physically active and
eat according to your energy needs**

Care for your food: prepare and store it safely

Encourage and support breastfeeding