



Fruit and veg are the stars, quinoa is on the list and added sugar is a big no-no. Rosie King looks at the new guidelines

**S**eventy per cent of our diet should be plant-based, according to Nutrition Australia's updated healthy eating pyramid. The pyramid, which was last overhauled 15 years ago, is based on the Australian Dietary Guidelines.

### WHOLEFOOD HERO

Earlier versions had fruit, veg, legumes and grains as "eat most" foods on the base layer. However, for the first time since the pyramid began in 1980, grains are no longer in that category. "This reflects that we're an overweight, sedentary society and we don't need to eat a high volume of calorie-dense bread, rice and pasta," accredited nutritionist Catherine Saxelby says.

### GOODBYE, SUGAR

The pyramid's pointy end used to be filled with added fats, such as margarine, butter and added sugars. Now the sweet stuff has been banished to the corner with a red cross as a reminder to avoid it when we can, in cooking and processed foods. "It's not saying no sugar but it's saying it should be limited and that's what we need to remember," Saxelby says.

### THE RIGHT GRAINS

The pyramid wants us to sort good grains from the not-so good grains. Brown rice, oats, quinoa as well as wholegrain bread and pasta should be favoured over their refined, white counterparts. "When you eat whole grains, you're getting the entire package, which means more fibre and more vitamins," Saxelby says.

### VARY YOUR PROTEIN

Protein such as meat, fish and eggs still sit in the middle but getting a good mix is now the key message. "It's important to incorporate a rainbow of veg into our diets and it's the same principal with protein," Saxelby says. "You get different nutrients from different proteins so

we should eat a variety of meats as well as having meat-free meals."

### SPICE UP YOUR LIFE

Herbs get a mention for the first time. Cooking with fresh, dried or ground herbs not only adds flavour, it boosts your antioxidant intake and helps you cut back on salt.

