

Make healthy choices

Eating a healthy, balanced diet

The [Australian Dietary Guidelines](#) provide evidence-based advice on how to follow a healthy diet.

You should include a variety of foods from each of the following five food groups every day:

- vegetables and legumes/beans
- fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- lean meats and poultry, fish, eggs, tofu, nuts and seeds
- milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Products high in added sugars, sodium and saturated fat are best avoided. And remember that water is the best beverage option available.

For more information on choosing food to maintain a balanced diet, visit the [Eat for Health website](#).