

# Eat good food to be Healthy and Strong

## Vegetables

(including legumes – baked beans, kidney beans & split peas).



## Fruit



## Breads, cereals, rice, spaghetti & noodles

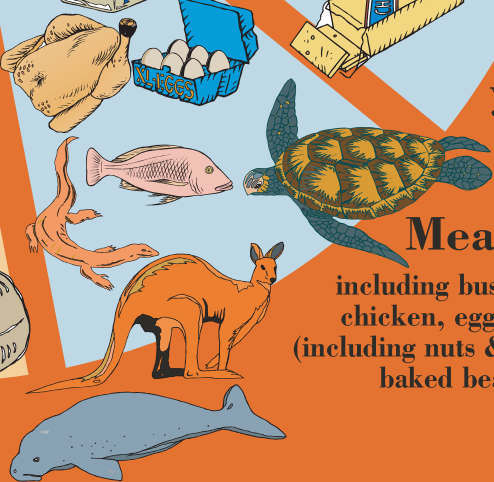


## Milk, cheese and yoghurt



## Meat

including bush meat, chicken, eggs & fish (including nuts & legumes – baked beans).



Drink plenty of water

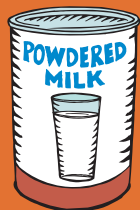


Eat in small amounts



# Be healthy: eat better, move more

Here are some ideas to help keep your family healthy and strong



## Move more

- Walk more, walk every day. Try to walk rather than use a car. If you can, keep playing sport.
- Try other activities like gardening, cleaning the floors, swimming, dancing and hunting.

## Drink more water

- Choose water to drink.



## Eat more bush foods

- Plant and animal bush foods are fresh and most are low in fat and sugar.

## Eat more fruit and vegetables

- Choose fresh fruit, dried fruit or canned fruit in natural juice.
- Choose more fresh vegetables, frozen vegetables, canned or dried vegetables.

## Eat more breads, cereals & legumes

- Choose soup mix, baked beans, bean mix, pasta, noodles, oats and multigrain breads.
- Eat some of these foods with each meal.

## Eat less salt

- Don't add salt to your food.

## Eat less fatty food and fried food

- Eating too much fatty and fried foods can make people gain weight and lead to diseases like diabetes and heart disease.

## To cut down on fats:

- Eat more bush foods, fish and lean meat.
- Eat less fatty meat, tinned corned beef, sausages and pies.
- Eat less fried food like chips, fried chicken wings / legs and fried meat.
- Eat less snack food like potato crisps, ice cream, chocolate and cake.
- Choose sandwiches or stews from the takeaway.
- Cut fat off meat before cooking, take the skin off chicken.
- If you use oil or margarine, use small amounts and choose canola or olive oil or polyunsaturated margarine.

## Eat less sugar

- A lot of sugar we eat is hidden in foods and drinks. If we eat too much sugar we can get fat.

## To eat less sugar:

- Drink water instead of sweetened drinks.
- Choose diet drinks instead of ordinary soft drinks, sports drinks or cordial.
- Eat less biscuits, cakes, chocolates, lollies and ice cream.
- Add less sugar to tea or coffee.
- Choose low sugar breakfast cereals like porridge and wheat biscuits.

