

Food Groups

Vegetables & Fruit

Eat a rainbow of colours



Vitamins, Minerals + Fibre

Grain Foods

(Carbohydrates)



Fibre is important for your gut health



Energy, Fibre, Wholegrains

Protein Foods

Lean Meat, Chicken, Fish, Seafood, Eggs, Legumes (Chickpeas, Lentils, Beans) Tofu, Nuts and Seeds

Protein keeps you feeling full



Protein + Iron

Milk Products



Calcium is important for your bones and teeth



Calcium + Protein

Sometimes/Occasional Foods



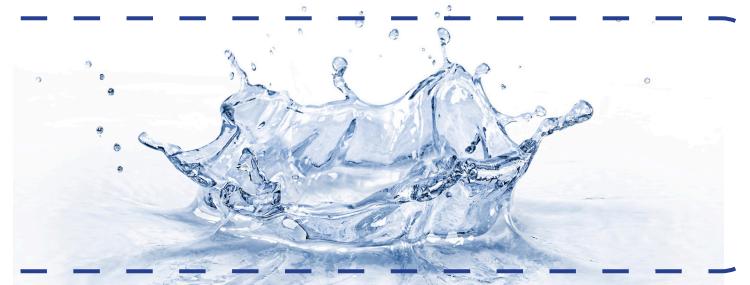
Healthy Fats

Avocado, Nuts & Seeds, Fish & Seafood, Olive Oil, Nut & Seed Oils



H2O (Water)

Most important drink of the day, stay hydrated.



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