

# Food Groups

## Vegetables & Fruit

Eat a rainbow of colours



Vitamins, Minerals + Fibre

## Grain Foods

(Carbohydrates)



Energy, Fibre, Wholegrains

Fibre is important for your gut health

## 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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