

Eating for health

1

Enjoy a variety of nutritious foods every day including:

- plenty of vegetables and fruit
- grain foods, mostly whole grain and those naturally high in fibre
- some milk and milk products, mostly low and reduced fat
- some legumes, nuts, seeds, fish and other seafood, eggs, poultry and/or red meat* with the fat removed

* If choosing red meat, eat less than 500 g of cooked red meat a week.

2

Choose and/or prepare foods and drinks:

- with unsaturated fats instead of saturated fats
- that are low in salt (sodium); if using salt, choose iodised salt
- with little or no added sugar
- that are mostly 'whole' and less processed.

3

Make plain water your first choice over other drinks.

4

If you drink alcohol, keep your intake low.

5

Buy or gather, prepare, cook and store food in ways that keep it safe to eat.

6

Eat less salt

- Reduce intake of takeaways, processed foods like bacon, sausages, corned beef, instant noodles or adding salt to food
- A diet high in salt increases the risk of high blood pressure.

7

Eat less sugar

- Reduce intake of foods or drinks high in sugar
- Having a diet that is low in added sugar is a key part of a healthy eating pattern that is linked with a lower risk of excess body weight.

Food swaps

Easy healthy changes

Salt	→	 Fresh herbs, spices and other seasoning
White bread	→	 Higher fibre, whole grain bread
Butter	→	 Margarine
Chippies and dip	→	 Raw vegetables and humus
Muesli bars	→	 Fresh fruit and a small handful of unsalted nuts
Ham	→	 Shredded chicken
Tinned fish in brine	→	 Tinned fish in spring water