

GRAIN FOODS



Why grain foods are important:

- Fibre helps us stay fuller for longer, which can help with concentration.
- Fibre is especially useful in keeping the digestive track healthy and can assist with constipation.
- The complex carbohydrates in grain foods are slowly digested, which provides energy over time and helps prevent overeating.
- Grain foods can reduce the risk of developing certain diseases including coronary heart disease, colon cancer, diabetes and diverticular disease.

The recommendation is for 'mostly wholegrain and/or high cereal fibre varieties'. Wholegrain cereals contain more nutrients than refined cereal foods (e.g. white bread), because many of the important nutrients occur in the outer layer of the grain which is lost during processing.



VEGETABLES AND LEGUMES/ BEANS



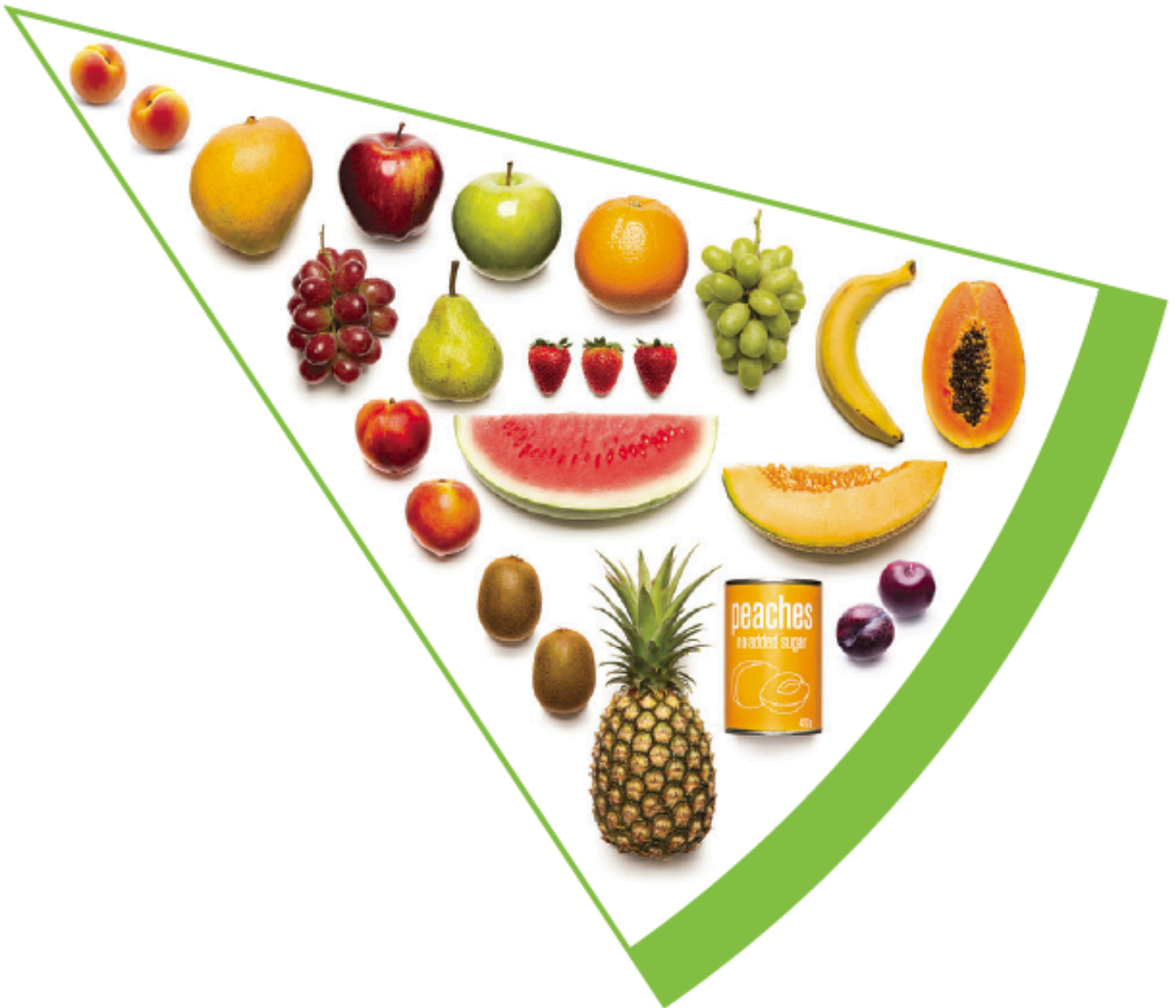
Why vegetables are important:

- Fibre helps us stay fuller for longer, which can help with concentration.
- Fibre is especially useful in keeping the digestive track healthy and can assist with constipation.
- Carbohydrate, which is higher in certain vegetables than others, provides the best source of energy for the brain.
- Vitamin C helps keep the immune system health and helps to heal wounds.
- Most vegetables are associated with a reduced risk of different cancers.
- Vegetables can help prevent cardiovascular disease.

Different vegetables can help protect our bodies in different ways, so it's important to choose a variety, including different colours, each day.



FRUIT



Why fruit is important:

- Fibre helps us stay fuller for longer, which can help with concentration.
- Fibre is especially useful in keeping the digestive track healthy and can assist with constipation.
- Carbohydrate provides the best source of energy for the brain.
- Vitamin C and vitamin A helps keep the immune system healthy. Vitamin C helps to heal wounds.
- Fruit is associated with a reduced risk of different cancers.
- Fruit can help prevent cardiovascular disease.

Different fruits can help protect our bodies in different ways, so it's important to choose a variety, including different colours, each day.



DAIRY AND ALTERNATIVES



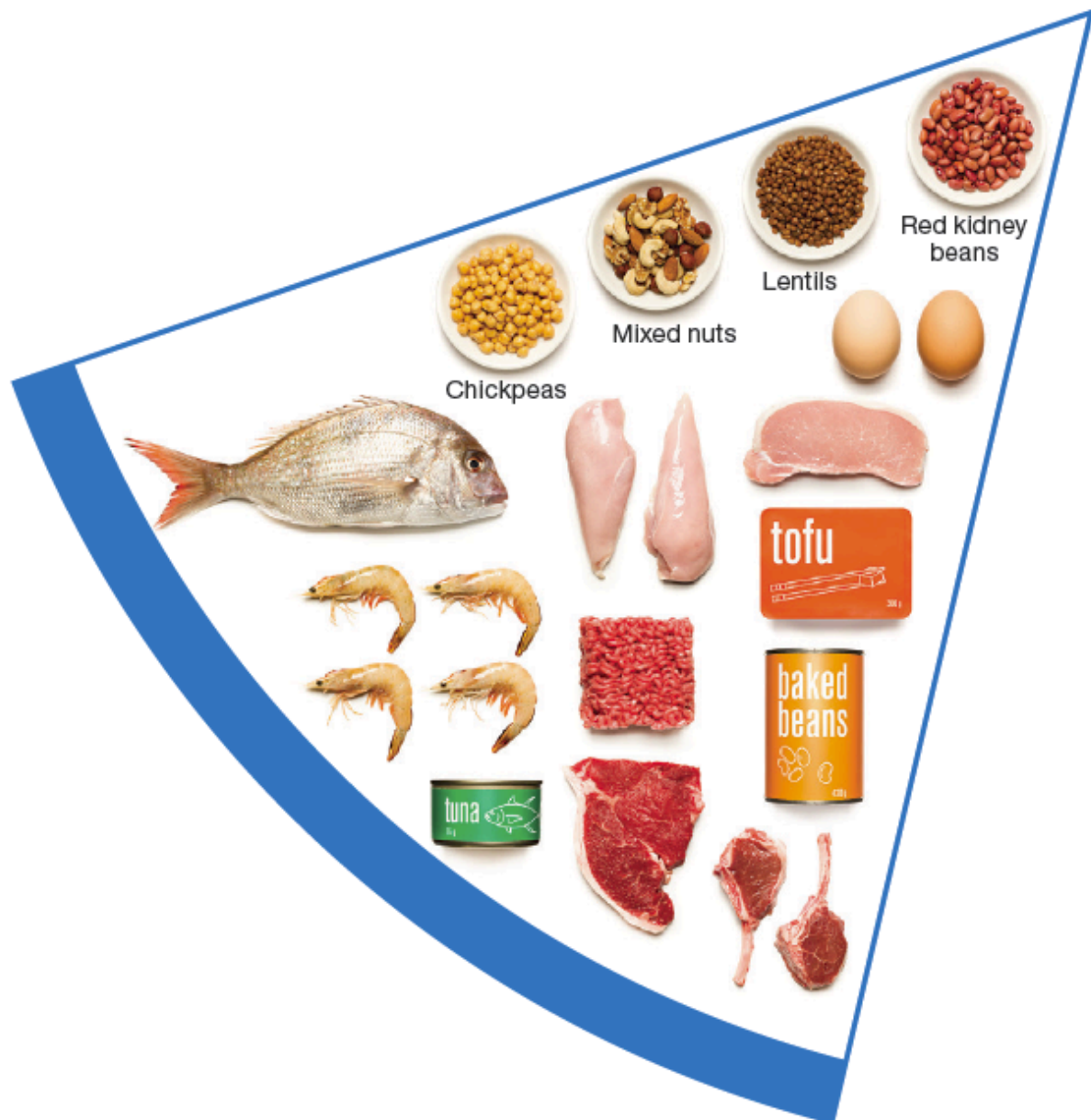
Why dairy and alternative foods are important:

- Proteins are made up of chemical 'building blocks' called amino acids. Your body uses amino acids to build and repair muscles and bones and to make hormones and enzymes.
- Calcium helps ensure strong bones and teeth; regulates muscle functioning, such as contraction and relaxation; regulates heart functioning and assists with blood clotting.
- Iodine is needed to make essential thyroid hormones. These are used by the body for growth and energy use, as well as brain and bone development in the early years.
- Vitamin B12 is essential for the production of red blood cells, which are needed to carry oxygen from the lungs to the body's tissues and organs.

Reduced fat varieties of milks are not suitable as a milk drink for children under 2 years because of their high energy needs. For nearly everyone else, this is the best choice.



MEAT AND ALTERNATIVES



Why meat and alternative foods are important:

- Proteins are made up of chemical 'building blocks' called amino acids. Your body uses amino acids to build and repair muscles and bones and to make hormones and enzymes.
- Iodine is needed to make essential thyroid hormones. These are used by the body for growth and energy use, as well as brain and bone development in the early years.
- Iron is particularly important for transporting oxygen in the blood. This is essential for providing energy for daily life. Iron also helps our immune system fight infection.
- Zinc is important for growth and for the immune system to fight infection.

To ensure adequate iron and zinc, about half the serves from this food group should be lean meats. For those who do not eat animal foods, nuts, seeds, legumes (including tofu) can provide some iron and zinc, plus a good mix of plant-based protein.



'SOMETIMES' FOODS

Only sometimes and in small amounts



Some foods and drinks do not fit into the five food groups. These foods are high in saturated fat and/or added sugars, added salt or alcohol and low in fibre. These foods and drinks can also be high in kilojoules (energy).

How can 'sometimes' foods fit into a healthy diet?

Some people require extra serves of food, for example, those who are taller and more active. It is best if these extra serves come from the five food groups, particularly wholegrain cereals, vegetables including legumes/beans and fruit. However, they can also occasionally include serves of 'sometimes' foods (discretionary foods).

These foods can also contribute to a feeling of enjoyment. They should be consumed sometimes, and in small amounts.

Types of foods:

- **Higher added sugars:** Soft drinks, energy drinks, sugar confectionary, jams, some sauces.
- **Higher fat:** Most processed meats (bacon, ham, sausages, frankfurts), crisps, butter, cream, pastry products, meat pies, sausage rolls, potato chips, commercial pizza.
- **Higher added sugars AND higher fat:** Biscuits, cakes, chocolate, doughnuts, ice cream, iced buns, some muesli bars, muffins, sweet pastries.
- **Alcoholic drinks.**

