

Fact Sheet

Eating Well

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Healthy eating is important for people of all ages. It is important to choose a variety of foods from each food group.

You should aim to:

- eat food from all five food groups every day. To read more about the food groups visit *eatforhealth*. (www.eatforhealth.gov.au)
- choose water as your main drink avoiding sugary drinks like soft drink, cordial, sports drinks and juices
- choose high fibre foods like wholemeal or multigrain bread, wholegrain cereals with oats or bran, and wholegrain crackers
- choose healthy snacks like a piece of fruit, a small tub of low fat yoghurt, 4 wholegrain crackers with low fat cheese or peanut butter, 1-2 cups no added salt or butter popcorn, ½ cup wholegrain breakfast cereal with low fat milk, vegetable sticks with salsa or hummus, ¼ cup nuts, or a slice of toast
- limit added fats by using only small amounts of margarine, butter and oil, choose lean meats and trim visible fat or skin, limit deep fried foods, processed snack foods and takeaway

Did you know? You can access free telephone health coaching support from a nutrition expert.

The Get healthy Information and Coaching service (www.gethealthynsw.com.au) provides 10 coaching sessions over 6 months to help you make healthier food choices. Sign up today (<http://www.gethealthynsw.com.au/get-started>)

Calculate the right amount of food for you.

www.makehealthynormal.nsw.gov.au/foodhow-much-should-i-be-eating

Useful resources

Recommended amount to eat per day from each food group-

http://eatforhealth.gov.au/sites/default/files/files/the_guidelines/n55g_adult_brochure.pdf

Sample meals

www.makehealthynormal.nsw.gov.au/food/basics-of-healthy-eating



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Serves per day	What is a serve
5 serves vegetables	1 cup salad, or ½ cup cooked vegetables, or ½ cup legumes
2 serves fruit	1 medium size fruit e.g. apple or pear, or 2 small size fruit e.g. mandarin, or 1 cup chopped/ diced fruit
4 - 6 serves grain foods	1 slice bread, or ½ bread roll, or ½ cup cooked rice, pasta, noodles or quinoa
2 serves lean meat, poultry or alternatives	100g cooked fish, or 80g cooked poultry e.g. chicken, or 65g cooked lean red meat e.g. beef
2½ - 4 serves reduced fat dairy or alternatives	1 cup reduced fat milk, or ¾ cup reduced fat yoghurt, or 2 slices (40g) reduced fat cheese, or 1 cup soy, rice or other milk with at least 100ng of added calcium

We welcome further feedback on this brochure as a way of continually improving our service.

Send your feedback to:
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