

# Nutrition: Make smart choices

**Eat Your Greens**



## Nutrition

Eating a wide variety of foods including plenty of fruit, vegetables, breads & cereals contributes to good health, protects against diseases and helps maintain a healthy weight.

A lifetime habit of eating adequate amounts fruit and vegetables every day can help **prevent** or reduce the severity of the following conditions:

- Coronary heart disease
- Some forms of cancer
- Obesity
- Diabetes
- Reduce blood pressure and cholesterol levels

**Check out the Healthy Eating Food Table below to see if you are getting the right amount of foods in your diet.**

EAT MOST	FOODS	TIPS
<p><b>Breads and Cereals</b></p> <p>Nutrient value: Low fat, high fibre foods containing starch, some protein, vitamins B1, niacin, folate and vitamin E, and the minerals iron and zinc.</p>	<p>These include bread, rolled oats and ready-to-eat wholegrain breakfast cereals, rice, pasta and barley. Also, bagels, pita bread, fruit bread, crumpets, pikelets and scones.</p>	<p>Include some of these foods in all your meals and snacks.</p>
<p><b>Vegetables and Fruits</b></p> <p>Nutrient value: Low fat, high fibre foods, rich in vitamin C and beta carotene (used by the body to make vitamin A), folate, and vitamin E and the mineral iron.</p>	<p>Fruit and vegetables can be fresh or frozen. Canned and dried foods can be used as a convenient alternative if fresh or frozen foods are unavailable</p>	<p>Enjoy a variety of fruits and vegetables with all your meals.</p>

EAT MODERATELY	FOODS	TIPS
<p><b>Lean Meat, Chicken, Fish, Eggs and Nuts</b></p> <p>Nutrient value: High protein foods which also contain significant amounts of fat. Contain Niacin, vitamin B1 and riboflavin, and the minerals iron and zinc.</p>	<p>Choose varieties with less fat (e.g. lean meat and skinless chicken).</p>	<p>Include 1 or 2 servings each day.</p>
<p><b>Milk, Yoghurt and Cheese</b></p> <p>Nutrient value: Protein and variable amounts of fat. The vitamins riboflavin, B1, niacin and vitamin A (less in reduced fat and low-fat varieties) and the minerals calcium and some zinc.</p>	<p>These products provide about 60% of the calcium in the Australian diet. One serving: 1 glass (250 ml) milk</p>	<p>Include 2 or 3 servings of these calcium rich foods daily.</p>

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<b>EAT IN SMALL AMOUNTS</b>	<b>FOODS</b>	<b>TIPS</b>
<p><b>Butter, Margarine, Reduced fat spreads, Oils</b> Nutrient value: Butter and table margarines are good sources of vitamin A and D. Oils are good sources of vitamin E.</p>	<p>These foods are high fat foods - oil 100%, butter and margarines 80%, and reduced fat spreads 60% or less (check the label).</p>	<p>Limit these foods as much as possible.</p>
<p><b>Sugar and foods containing a lot of sugar</b> Nutrient value: Table sugar contains no vitamins or minerals.</p>	<p>White sugar, raw sugar, brown sugar, glucose, maltose and lactose are all sugars. Sugar containing foods: jam (65%), lollies (45-75%),</p>	<p>Limit these foods as much as possible.</p>