

## Healthy eating: quick guide

Healthy foods are rich in nutrients and help keep your blood glucose and energy steady.

### Choosing healthy foods

- Eat plenty of vegetables and fruit each day.



- Eat wholegrain, high-fibre breads, cereals and grains.



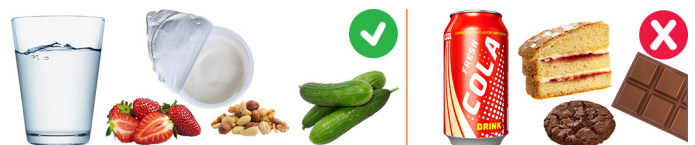
- Eat lean meats, skinless chicken, fish or legumes.



- Use small amounts of healthy fats and oils, like olive oil, as well as nuts and avocado.



- Eat foods and drinks low in added sugar. Water is the best drink.



- Limit added salt. Use herbs or spices for flavour instead.



- Swap fast foods for healthy options.



- Limit how much alcohol you drink.

## Building healthy meals

Use the plate guide below to build healthy meals you enjoy.



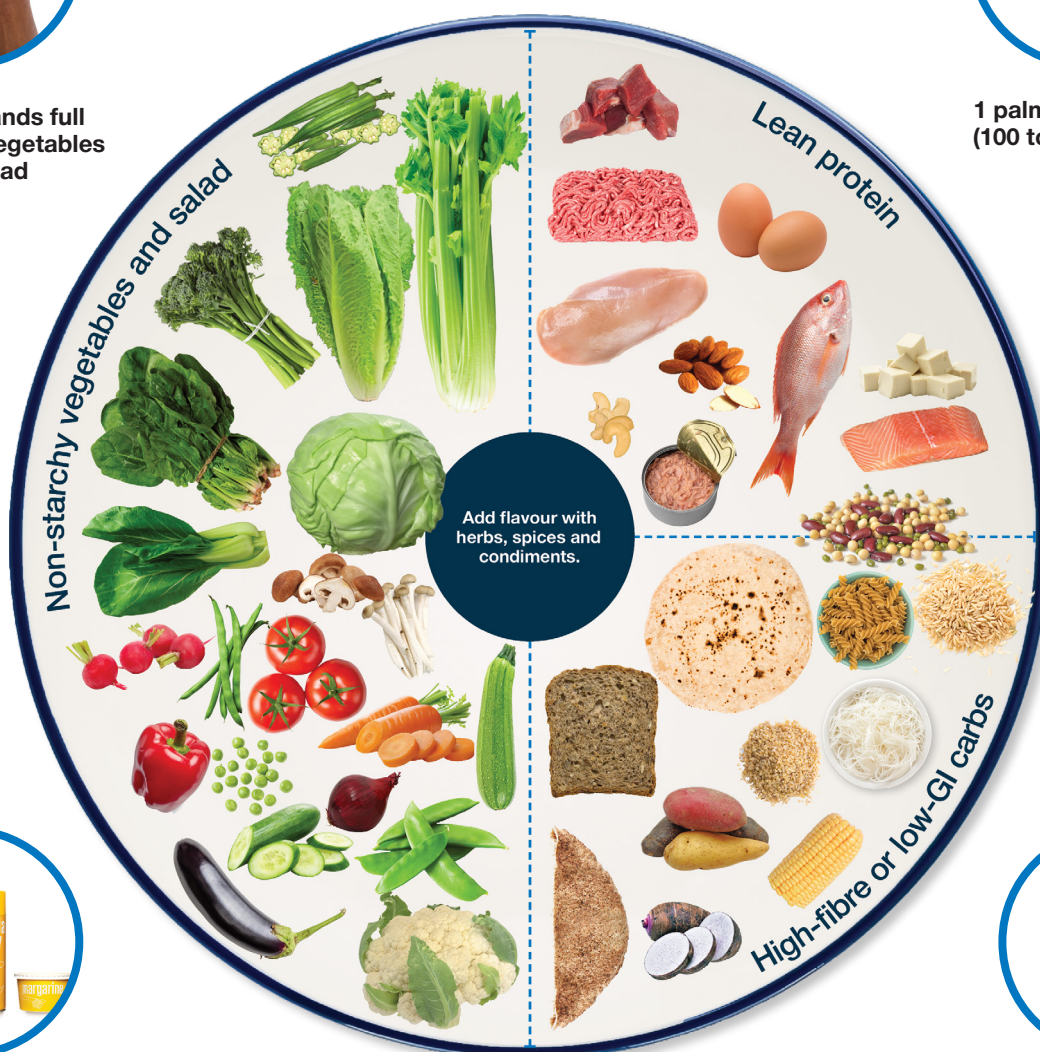
2 cupped hands full (~2 cups) of vegetables and salad



1 palm-sized portion (100 to 150 g) of lean protein



Healthy fats (1 to 2 tablespoons a day)



1 fist-sized portion (~1 cup) of carbohydrates



## The NDSS and you

For access to more resources (including in your language), go to [ndss.com.au](https://ndss.com.au) or call the NDSS Helpline 1800 637 700.

Note: This information is intended as a guide only. It should not replace individual medical advice. If you have any concerns about your health, or further questions, you should contact your health professional.