



# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



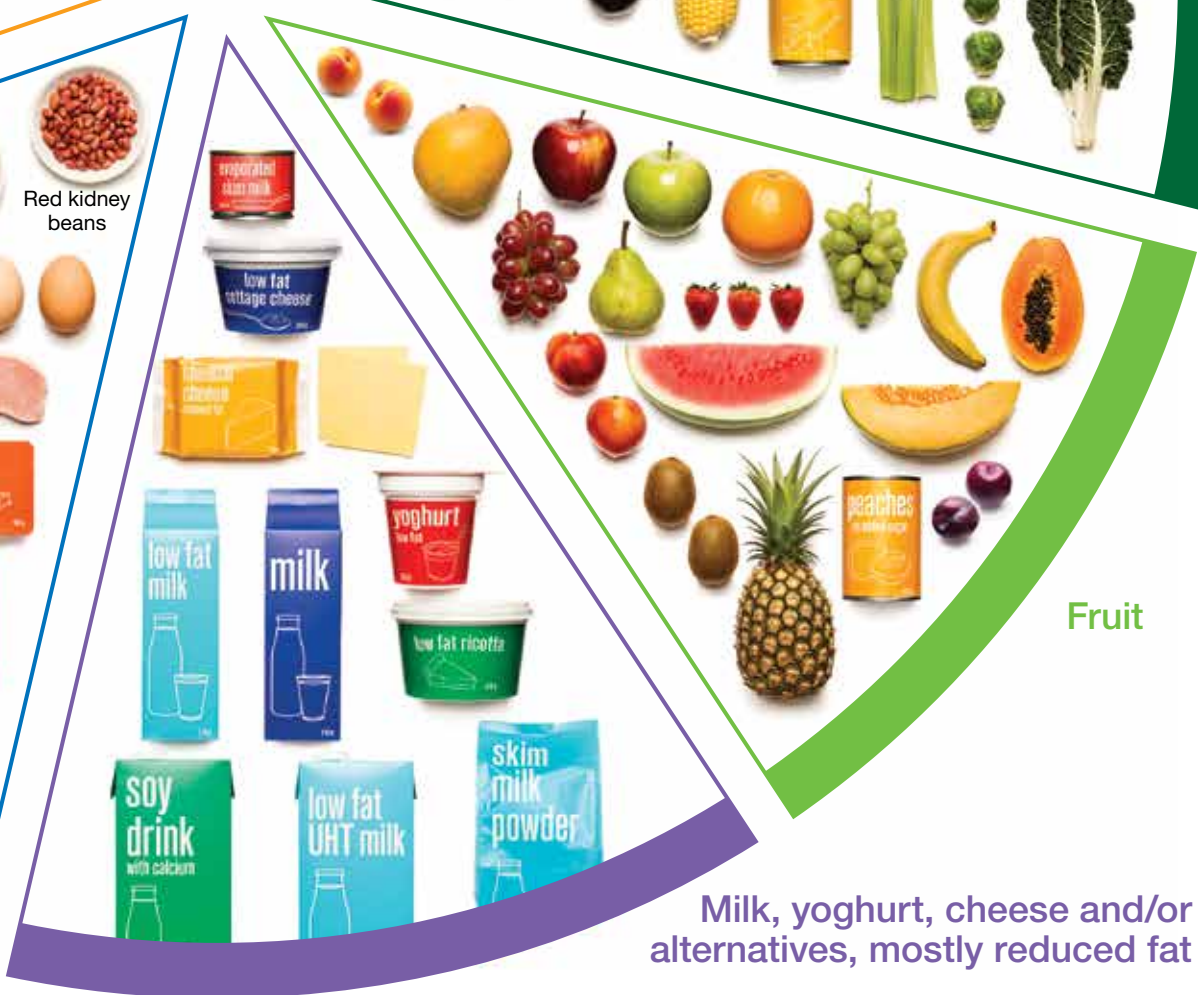
Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



## Example Meal Plan to incorporate the 5 food groups

### Breakfast

2 eggs scrambled with spinach, tomato and mushrooms (serve of protein and veg)

1 piece of wholemeal toast (serve of grain)

### Morning Tea

Handful of nuts/seeds (serve of protein)

Piece of fruit (serve of fruit)

### Lunch

Frittata (protein and vegetables)

Salad with dressing of olive oil and lemon juice (vegetables and healthy fats)

### Afternoon tea

Wholegrain rice crackers and hommus (serve of grain and serve of protein)

### Dinner

Grilled Meat or Salmon

Steamed vegetables drizzled with ½ tsp olive oil, lemon juice herbs

### Post Dinner Treat

A few squares of dark chocolate



**Total Nutrition Dietitian** [jody@totalnd.com.au](mailto:jody@totalnd.com.au) 0402 225 732

We can help with Medical Nutrition Advice, Dietitian Consultation,  
Meal Plans and Diet Nutrition Analysis. Call for an appointment  
today ☺





# HOW TO UNDERSTAND FOOD LABELS

## What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

Nutrition Information		
<p><b>Total Fat ▶</b> Generally choose foods with less than <b>10g per 100g</b>. For milk, yogurt and icecream, choose less than <b>2g per 100g</b>. For cheese, choose less than <b>15g per 100g</b>.</p> <p><b>Saturated Fat ▶</b> Aim for the lowest, per 100g. <b>Less than 3g per 100g is best.</b></p> <p><i>Other names for ingredients high in saturated fat:</i> Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.</p> <p><b>Fibre ▶</b> Not all labels include fibre. Choose breads and cereals with <b>3g or more per serve</b></p>	<p>Servings per package – 16 Serving size – 30g (2/3 cup)</p>	
	Per serve	Per 100g
	Energy	432kJ 1441kJ
	Protein	2.8g 9.3g
	Fat	
	Total	0.4g 1.2g
	Saturated	0.1g 0.3g
	Carbohydrate	
	Total	18.9g 62.9g
	Sugars	3.5g 11.8g
	Fibre	6.4g 21.2g
	Sodium	65mg 215mg
	<p><b>Ingredients:</b> Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%, sugar, rice, malt extract, honey, salt, vitamins.</p>	
	<p><b>Ingredients ▲</b> Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.</p>	

### ◀ 100g Column and Serving Size

If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

### Energy

Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

### Sugars

Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

**Other names for added sugar:** Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

### ◀ Sodium (Salt)

Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**

**Other names for high salt ingredients:** Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.



## Apple & Coconut Bliss Balls

*Makes 25 bliss balls*

4 dates (if using fresh remove the seeds)

½ apple (skin on, core removed)

½ cup almond, cashews or any combination of nuts

¼ cup sunflower, pumpkin seeds or any combination of seeds

½ cup coconut (shredded or desiccated) (save ¼ cup aside for rolling)

1 tbs coconut oil

2 tbs peanut butter (or other nut butter)

1 tbs cacao (avoid cocoa if possible as less nutritious than cacao)

- Variation - swap any of the dried fruit or nuts for your preference of variety. Mixture needs to be a sticky consistency but not too soft. Add additional coconut if a little too moist to roll

### Method

1. Blend all together in a food processor, until smooth, saving some coconut to roll the mix in.
2. Use a tablespoon of mixture and shape into small balls, rolling in coconut

*Store in an air tight container in fridge. Remember moderation – although these are nutritious and delicious, eat only 1-2 bliss balls at a time for snack.*

Nutrition Info	(per serve 1 ball)
Protein	1.4g
Fat	4.1g
Carbohydrate	1.5g
Sodium	6 mg
Energy Kj	207Kj
Cal	49 Cal



## **Frittata** (Makes 6-8 slices)

4-6 Eggs

¼ cream or milk (low fat or full cream)

½ cup SR Flour (sifted)

1 tsp baking powder

2 tsp mustard (wholegrain or Dijon)

1-2 cups veg (grated carrot, zucchini, pumpkin, corn, sliced spinach, chopped cherry tomatoes)

¼ cup grated cheese (can be a mix of tasty/cheddar parmesan, or choose low fat)

¼ cup of bread crumbs or polenta

1 onion diced & 2 rashers bacon diced (optional, fried in 2tsp oil)

- Variations: add any combination of pumpkin, spinach, feta, leftover meat, chicken, salmon, pesto, sliced or cherry tomatoes on top before cooking ..... Options are endless

### **Method**

1. Preheat Oven to 180°C (160°C fanforced)
2. Prepare a pan (Can be rectangle or square approx. 20cm square, or individual muffin tins) Spray lightly with oil then sprinkle with breadcrumbs or polenta to form a non-stick crust
3. Mix all grated/chopped vegetables with grated cheese, and bacon mix if using, in a bowl. Stir through sifted flour and baking powder
4. In a separate whisk together eggs, cream/milk & mustard then mix wet ingredients into vegetable mix
5. Pour mix into prepared pan
6. Cook in oven for 25 mins or until just cooked through with slight golden top. Cooking time will depend on size of pan. Muffin size will take 10-15mins. Let it stand in pan for 10mins before cutting slices

*Gluten Free – Substitute flour and baking powder for GF options, or omit totally and increase amount of eggs. Use polenta or GF bread crumbs instead of bread crumbs, or omit and grease tray with extra oil*

*Dairy Free – substitute milk and cream for your favourite Df option, omit cheese*



Nutrition Information (per serve)	
Protein	9.6g
Carb	18g
Fat	6g
Sodium	280mg
Energy	783Kj
	187 cal



**Total Nutrition Dietitian**  
**0402 225 732**

