



Nutrition



The facts!

Aboriginal and Torres Strait Islander peoples were once the world's best hunters and gatherers of food. They had a very healthy diet and were very active.

Today, some mobs have poor health from not eating good food and leading an inactive lifestyle. They are at risk of chronic diseases including heart disease, diabetes and obesity.

Healthy eating

- It is important to eat a healthy diet so your body and mind can work properly.
- Poor nutrition can lead to many health problems such as heart disease, diabetes, kidney disease and obesity.
- Pregnant mums need to eat healthy food to give their bubs the best start. Babies born underweight can have health problems later in life, such as kidney disease.
- Breast-feeding is best because it helps your bub to be strong, healthy and grow good teeth.
- Children need to eat well so they can fight off infections, concentrate at school and grow strong and healthy.





What foods should I eat?

- Choose different varieties of foods from the food groups
- Eat vegetables, whole grains (e.g. porridge oats, brown rice, barley), fruit, nuts and seeds every day
- Choose wholemeal bread, cereal, rice, pasta, and noodles
- Eat moderate amounts of animal foods (e.g. milk, yoghurt, cheese, meat, fish, chicken)
- Eat two to three serves of oily fish per week
- Include up to six eggs every week
- Eat small amounts of fats
- Drink plenty of water

What foods should I limit?

- Butter
- Salty, fatty, sugary snacks such as crisps, cakes and lollies
- Take-away foods such as pies, pastries, pizzas and hamburgers
- Cordials and soft drinks (which have a lot of sugar)

Tips to improve your nutrition

- Choose foods lower in energy (kilojoules) such as vegetables, fruit and legumes
- Limit high energy (kilojoules) foods and drinks such as chocolate, cakes and take-away foods
- Drink less alcohol (grog)
- Drink more water

Remember: Eat healthy, grow strong, and live long!

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