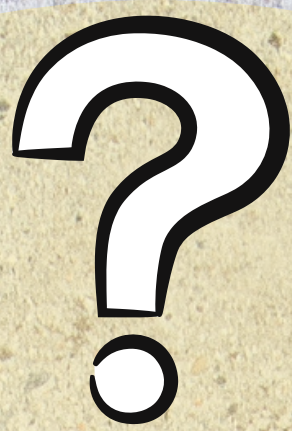




**EAT FOR  
HEALTH  
GUIDE**



# AUSTRALIAN DIETARY GUIDELINES...

## WHAT ARE THEY?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. They are based on scientific evidence and research. The Australian Dietary Guidelines of most relevance to adults are included below:

- **GUIDELINE 1:** To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs. • Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.
- **GUIDELINE 2:** Enjoy a wide variety of nutritious foods from these five food groups every day: • Plenty of vegetables of different types and colours, and legumes/beans • Fruit • Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley • Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans • Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat And drink plenty of water
- **GUIDELINE 3:** Limit intake of foods containing saturated fat, added salt, added sugars and alcohol. A. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks. • Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado. B. Limit intake of foods and drinks containing added salt. • Read labels to choose lower sodium options among similar foods. • Do not add salt to foods in cooking or at the table. C. Limit intake of foods and drinks containing added sugars such as confectionery, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks. D. If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.
- **GUIDELINE 4:** Encourage, support and promote breastfeeding.
- **GUIDELINE 5:** Care for your food; prepare and store it safely.

Information in this eBook is referenced from  
The Australian Dietary Guidelines  
<https://www.eatforhealth.gov.au>



## TIPS FOR CHOOSING NUTRITIOUS FOODS & DRINKS

Eating for health and wellbeing is about choosing foods from the Five Food Groups every day, while limiting foods that are not essential to our health.

Plan ahead and stock up on basic nutritious foods like wholegrain cereals and other grain foods, reduced fat milk, lentils or other legumes, eggs, and frozen or canned foods without added sugars or added salt – this way you can eat at home more often and cook meals yourself by adding fresh ingredients.

Choose a variety of types and colours of fresh vegetables and fruits that are in season. Try new ways of cooking with vegetables like roasting, baking, barbequing and stir-frying. Add extra vegetables and legumes to your recipes.

Use fruit for snacks and desserts. Lean red meats are important, but a maximum of 455g a week is recommended. Include at least 1 or 2 meat-free meals each week – include eggs, legumes such as beans and tofu and nuts and seeds.

Choose reduced-fat varieties of milk, yoghurt and cheese. Include small amounts of foods rich in unsaturated fats such as oils, spreads, nut butters/pastes and avocado. Drink plenty of water instead of drinks with added sugars or alcohol.

Choose carefully when eating out- limit creamy, commercially baked or fried foods. Store unused cooked food in the fridge. Older people who have trouble with their teeth, may prefer softer textured or cooked vegetables and fruit, finely milled wholegrain cereal foods and dishes like soups, casseroles or stews.

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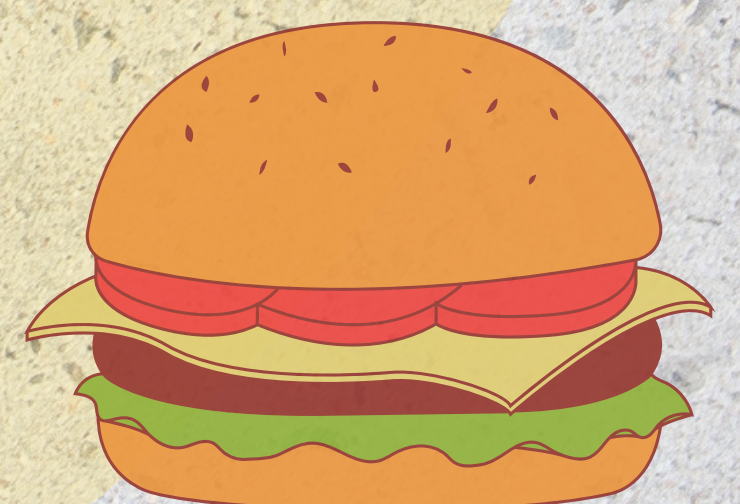
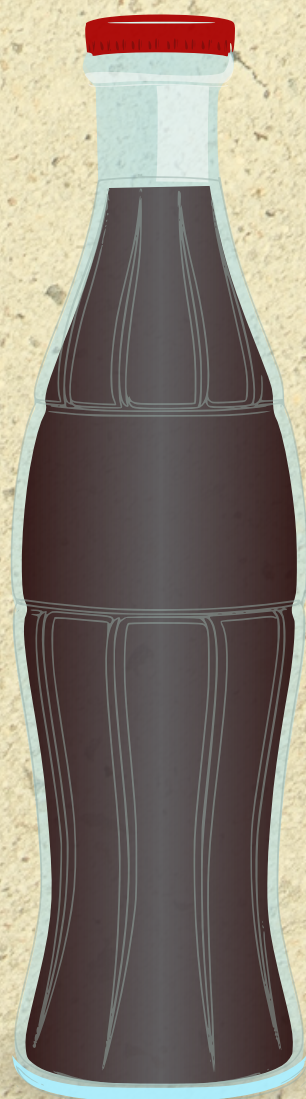
## FOODS TO LIMIT: DISCRETIONARY CHOICES

'Discretionary choices' are called that because they are not an essential or necessary part of our dietary patterns.

Discretionary foods are high in kilojoules, saturated fat, added sugars, added salt or alcohol. If chosen, they should be eaten only sometimes and in small amounts.

Examples of discretionary choices include: • Sweet biscuits, cakes and desserts • Processed meats and sausages • Ice-cream, confectionery and chocolate • Meat pies and other pastries • Commercial burgers, hot chips, and fried foods • Crisps and other fatty and/or salty snacks • Cream and butter • Sugar- sweetened cordials, soft drinks, fruit drinks and sports drinks • Alcoholic drinks

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[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)



## OTHER HELPFUL WEBSITE REFERENCES:

Below are some reputable websites to further help you to help yourself. They give you access to recipes for many types of nutrition choices (eg: plant based, keto, low carb, mediterranean etc), macro calculators, guides to eating for health & other useful information.

<https://www.eatforhealth.gov.au>

<https://www.healthychef.com.au>

<https://www.precisionnutrition.com/blog/calculators>

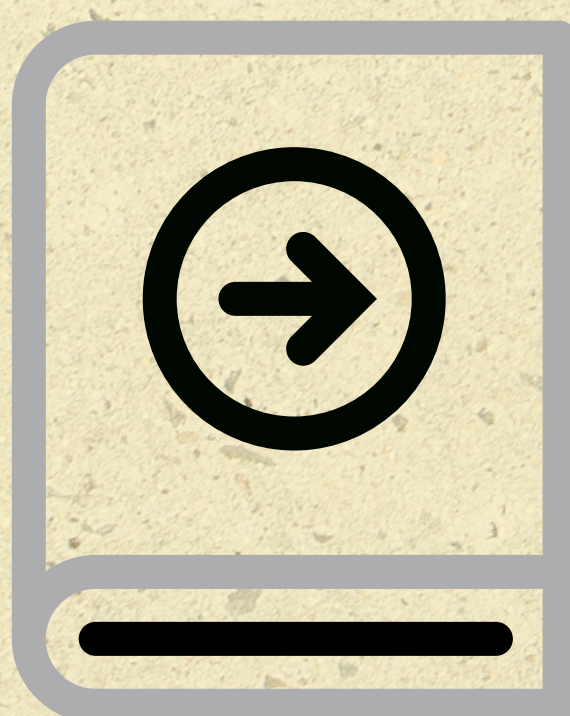
<https://www.bodybuilding.com/category/nutrition-tips>

If you have special dietary requirements, you are best to seek guidance from an Accredited Practising Dietician.

An excellent website to find this type of service is...

<https://dietitiansaustralia.org.au>

This website will also help you understand the difference between a Nutritionist & a Dietician.



## PAULETTE'S NOTE:

As with your training, nutrition is very personal. Nothing is set in concrete & most nutrition plans will require slight modifications as you go. Whilst we don't need to overcomplicate things, learning about (& fine tuning) how nutrition best works for you does take some effort on your part.

Remember, you haven't gotten to where you are overnight. So whether your goal is weight loss, weight gain or weight management, to reach your goal successfully, patience (along with determination, conviction & consistency) will be key!

Nobody can do it for you & I believe that educating yourself is very important. If somebody just gives you a meal plan & you follow it blindly....are you really learning much about nutrition for yourself? Further, achieving your goals should not be made a race. If you are in a hurry, you are setting yourself up to be disappointed. So please continue to learn & evolve.

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