

THE FIVE FOOD GROUPS

Eating a variety of nutritious foods from each of the five food groups **contributes to** a balanced diet and provides a range of health benefits.

THE MILK, YOGHURT, CHEESE AND/OR ALTERNATIVES (MOSTLY REDUCED-FAT) FOOD GROUP

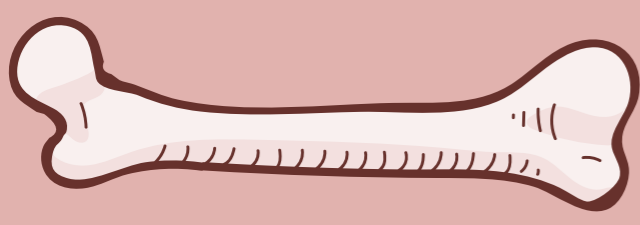


Includes nutrients **such as**

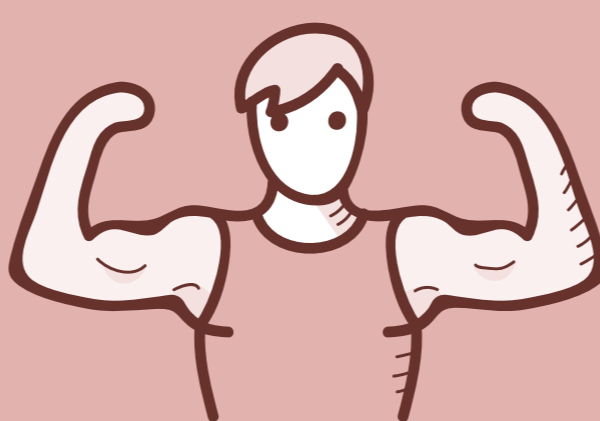
CALCIUM

PROTEIN

IODINE



Necessary for normal teeth and bone structure

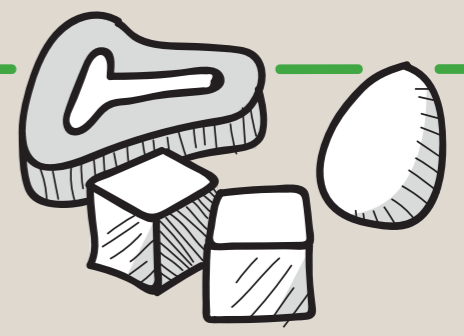


Contributes to muscle growth



Contributes to normal cognitive function

THE LEAN MEATS AND POULTRY, FISH, EGGS, TOFU, NUTS AND SEEDS AND LEGUMES/BEANS FOOD GROUP



Includes nutrients **such as**

PROTEIN

IRON

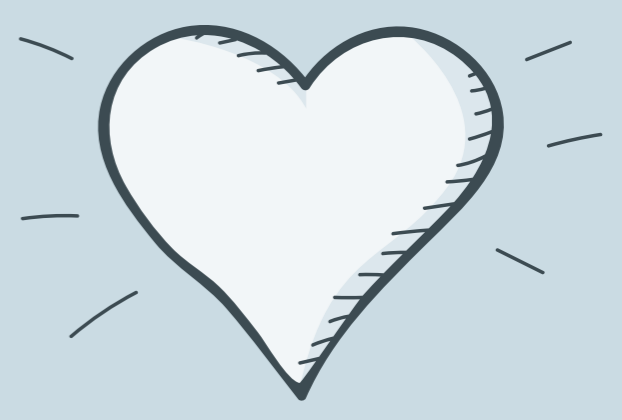
OMEGA-3 FATTY ACIDS



Necessary for tissue building and repair

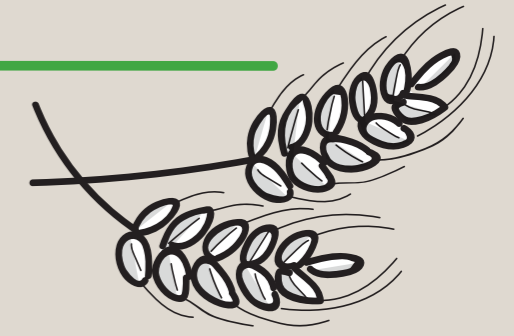


Contributes to normal energy production



Contributes to heart health

THE GRAIN (CEREAL) FOODS, MOSTLY WHOLEGRAIN AND/OR HIGH CEREAL FIBRE VARIETIES FOOD GROUP

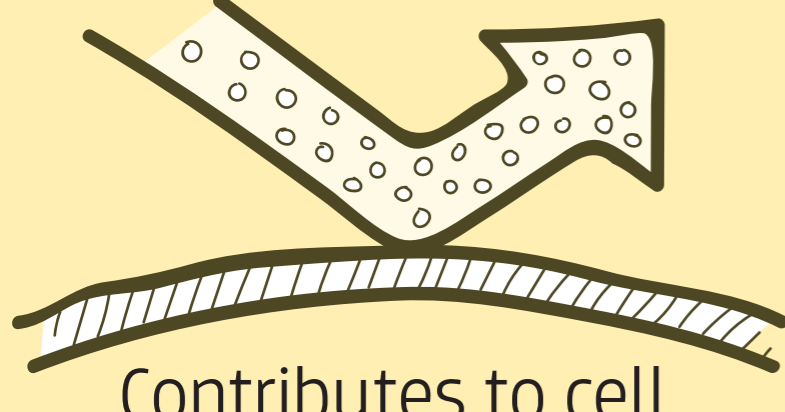


Includes nutrients **such as**

VITAMIN E

B VITAMINS

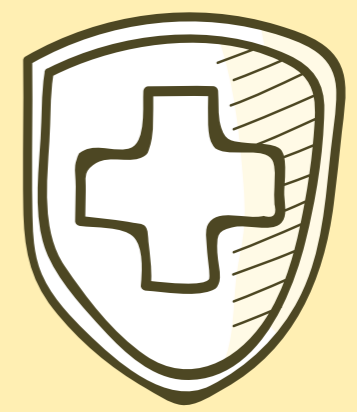
ZINC



Contributes to cell protection from free radical damage

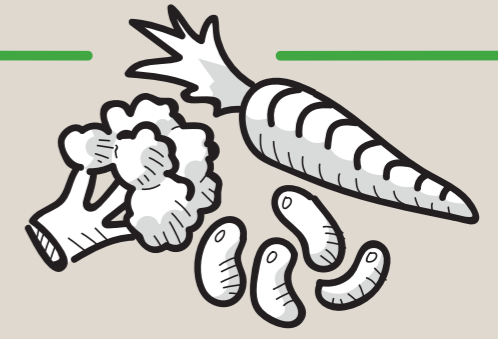


Contributes to normal energy metabolism



Necessary for normal immune system function

THE VEGETABLES AND LEGUMES/BEANS FOOD GROUP

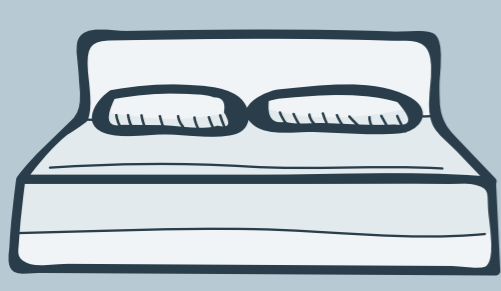


Includes nutrients **such as**

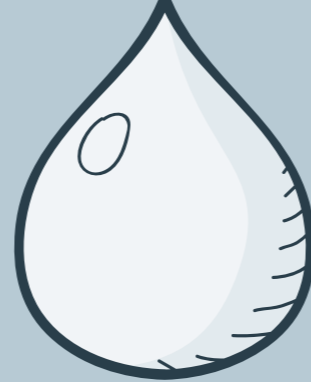
VITAMIN C

FOLATE

DIETARY FIBRE



Contributes to the reduction of tiredness and fatigue

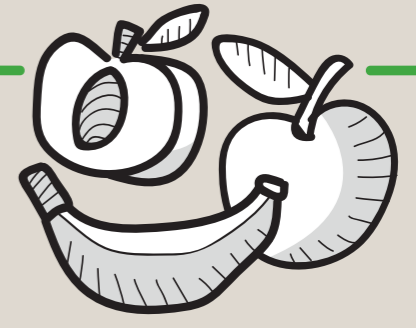


Necessary for normal blood formation



Contributes to regular laxation

THE FRUIT FOOD GROUP



Includes nutrients **such as**

MAGNESIUM

VITAMIN C

PHYTOCHEMICALS



Necessary for normal muscle function



Contributes to normal immune system function



Thought to protect against some cancers

REDUCING HEALTH RISKS WITH A BALANCED DIET

Consuming a wide variety of nutritious foods from all five food groups **reduces the risk** of diet-related chronic diseases such as:

TOOTH DECAY

TYPE 2 DIABETES

HYPERTENSION

HEART DISEASE

A BALANCED DIET

OSTEOPOROSIS

OVERWEIGHT



REDUCES THE RISK OF

SOME CANCERS

HIGH CHOLESTEROL

STROKE

OBESITY

To find out more go to foodsthatdogood.com.au