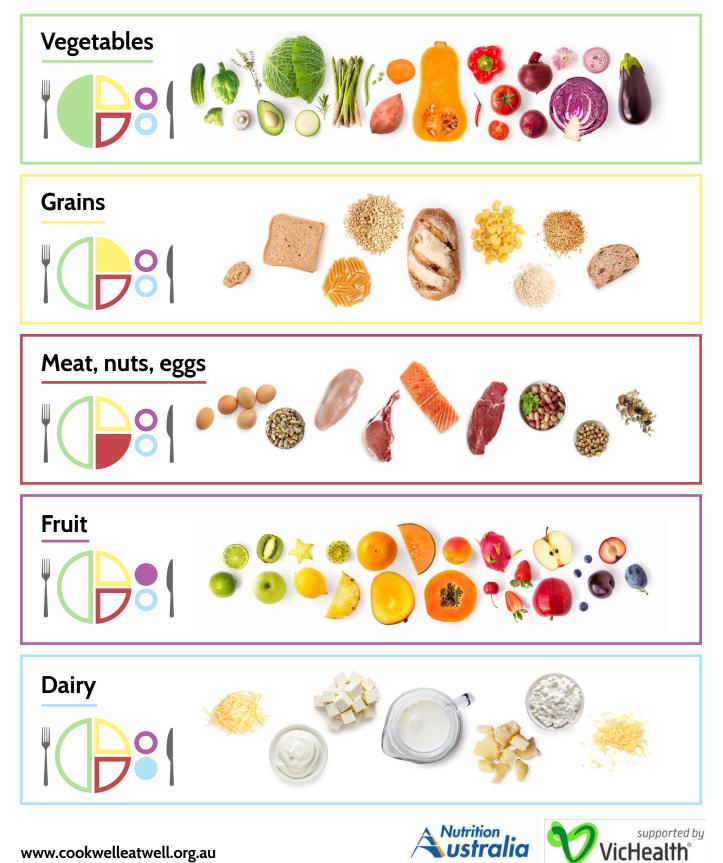# Making a healthy meal

Eating a variety of foods each day is important for health and wellbeing. The coloured section of the plate indicates how much of each food group you should be eating.

Vegetables

Grains

Meat, nuts, eggs

Fruit

Dairy

www.cookwelleatwell.org.au