Healthy Plate Guide

VEGETABLES

Increase your intake of nonstarchy vegetables. The more colour, the better!

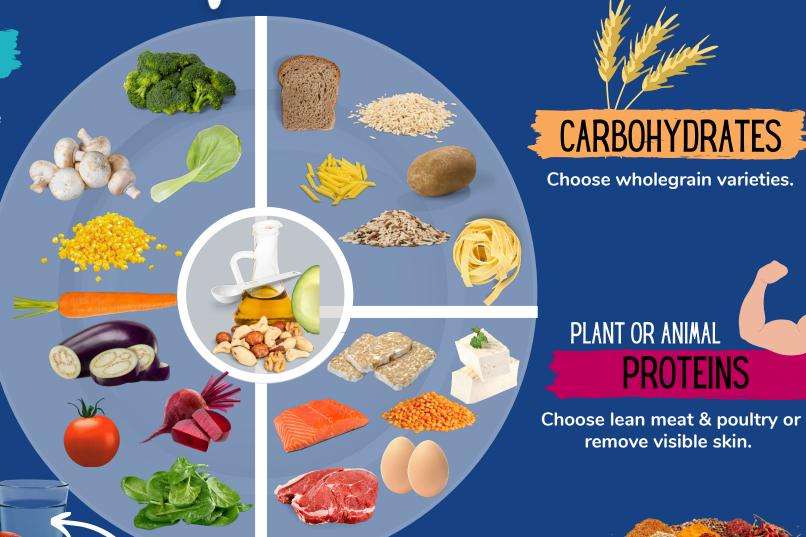


Use healthy plant-based oils and fats, limiting the use of saturated fats and butter.

FRUITS

Choose from a variety of seasonal fruits.







Choose lean meat & poultry or remove visible skin.

Drink water and limit the consumption of drinks containing added sugars.

SPICES

Use herbs and spices in place of salt in cooking.



For more information on food and healthy eating, visit www.nutritionaustralia.org/nsw