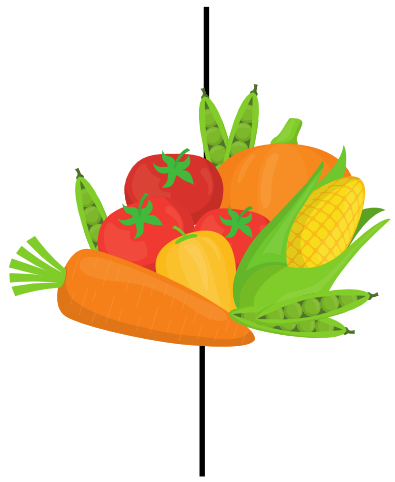


HEALTHY EATING

GETTING THE BASICS RIGHT



EAT PLENTY OF VEG

- Fill half your plate
- Eat the rainbow for a variety of nutrients



EAT A VARIETY OF FOODS

- e.g. whole grains, legumes, nuts, seeds, dairy, eggs, lean meat, poultry and seafood



CHOOSE HEALTHY FATS

- Oily fish
- Avocado
- Nuts and seeds
- Plant oils e.g. olive, canola
- Limit unhealthy fats e.g. fatty meat, high fat junk food



DRINK SMART

- Make water your main drink
- Milk is a nutritious option
- Alcohol and caffeine in moderation
- Limit sugary drinks like fizzy drinks, energy drinks and juice



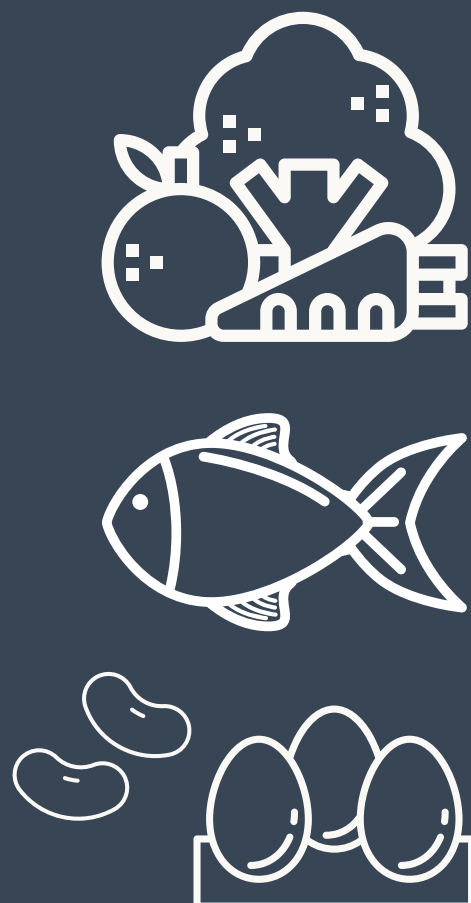
Eat regular meals.
Eat mindfully, slowly and according to your hunger.

GETTING THE BALANCE RIGHT - THE 80/20 RULE

80% OR MORE

Mostly 'whole' foods that are as close to nature as possible.

Generally only one or two ingredients and not very different from their natural state. You can tell what's in them just by looking at them.



20% OR LESS

Confectionary and baking
Deep fried food
Takeaways
Sugary drinks
Processed meats

Other super tasty, highly processed foods with added fats, sugars, salt and additives

