

NUTRITION CHOICES REFERENCE POSTER

THINK BEFORE YOU CHOOSE



PAUSE

Take a moment.



CHECK

Look at your choices.



CHOOSE

Pick what helps your body.



FEEL

Good energy now and later.

THE 5 FOOD GROUPS

1. VEGETABLES	2. FRUITS	3. GRAINS	4. PROTEIN	5. DAIRY
<p>Help your body work well.</p>	<p>Give you vitamins and keep you healthy.</p>	<p>Give you energy to learn and play.</p>	<p>Help you grow and repair your body.</p>	<p>Build strong bones and teeth.</p>
<p>EXAMPLES: Broccoli, carrot, spinach, capsicum, tomato</p>	<p>EXAMPLES: Apple, banana, orange, grapes, berries</p>	<p>EXAMPLES: Wholegrain bread, oats, brown rice, pasta</p>	<p>EXAMPLES: Chicken, fish, eggs, beans, lentils, tofu</p>	<p>EXAMPLES: Milk, yogurt, cheese</p>

SMART CHOICES MOST OF THE TIME



CHOOSE MORE

Fruits, vegetables, whole grains, lean protein, water.



CHOOSE LESS

Food and drinks high in sugar, salt and saturated fat.



CHECK LABELS

Look for less added sugar, salt and more fibre.



BALANCE

All foods can fit. Balance is the key.

DON'T FORGET WATER!



Helps you think clearly.



Keeps your body working well.



Drink water throughout the day.



REMEMBER: Your body is unique. Small, healthy choices every day lead to big benefits.

GOOD FOOD TODAY.  BETTER YOU TOMORROW.