

Aboriginal and Torres Strait Islander guide to healthy eating

Eat good food to be Healthy and Strong

Vegetables
(including legumes – baked beans, kidney beans and split peas).

Fruit

Milk, cheese and yoghurt

Meat
including bush meat, chicken, eggs and fish (including nuts and legumes – baked beans).

Breads, cereals, rice, spaghetti and noodles

Drink plenty of water

Eat in small amounts



Be healthy

eat better, move more

Here are some ideas to help keep your family healthy and strong

Move more

- Walk more, walk every day. Try to walk rather than use a car. If you can, keep playing sport.
- Try other activities like gardening, cleaning the floors, swimming, dancing and hunting.

Drink more water

- Choose water to drink.

Eat more bush foods

- Plant and animal bush foods are fresh and most are low in fat and sugar.

Eat more fruit and vegetables

- Choose fresh fruit, dried fruit or canned fruit in natural juice.
- Choose more fresh vegetables, frozen vegetables, canned or dried vegetables.

Eat more breads, cereals and legumes

- Choose soup mix, baked beans, bean mix, pasta, noodles, oats and multigrain breads.
- Eat some of these foods with each meal.

Eat less salt

- Don't add salt to your food

Eat less fatty food and fried food

- Eating too much fatty and fried foods can make people gain weight and lead to diseases like diabetes and heart disease.

Eat less sugar

- A lot of sugar we eat is hidden in foods and drinks. If we eat too much sugar we can get fat.



To cut down on fats

- Eat more bush foods, fish and lean meat
- Eat less fatty meat, tinned corned beef, sausages and pies
- Eat less fried food like chips, fried chicken wings / legs and fried meat
- Eat less snack food like potato crisps, ice cream, chocolate and cake
- Choose sandwiches or stews from the takeaway
- Cut fat off meat before cooking, take the skin off chicken
- If you use oil or margarine, use small amounts and choose canola or olive oil or polyunsaturated margarine.

To eat less sugar

- Drink water instead of sweetened drinks
- Choose diet drinks instead of ordinary soft drinks, sports drinks or cordial
- Eat less biscuits, cakes, chocolates, lollies and ice cream
- Add less sugar to tea or coffee
- Choose low sugar breakfast cereals like porridge and wheat biscuits.

