

Nutrition: Food Variety and Exercise

Eat a wide variety of foods and be active for optimal health!



Foods are grouped together because they provide similar amounts of key nutrients.

- Key nutrients of the milk, yoghurt, cheese and alternatives group include protein, calcium, riboflavin (vitamin B2), vitamin D.
- The meat and alternatives group provides protein, iron, magnesium and zinc, vitamins B6 and B12.
- Breads and cereals provide carbohydrates, fibre, thiamine (vitamin B1), magnesium, folate.
- Fruits and vegetables are sources of fibre, vitamin C, vitamin A, folic acid, antioxidants.
- The healthy fats should be omega-3 sources, and monounsaturated

These food groups make up the Australian Guide to Healthy Eating.

Exercise helps with your vascular system, your mood, and helps you cope with the stress of life!