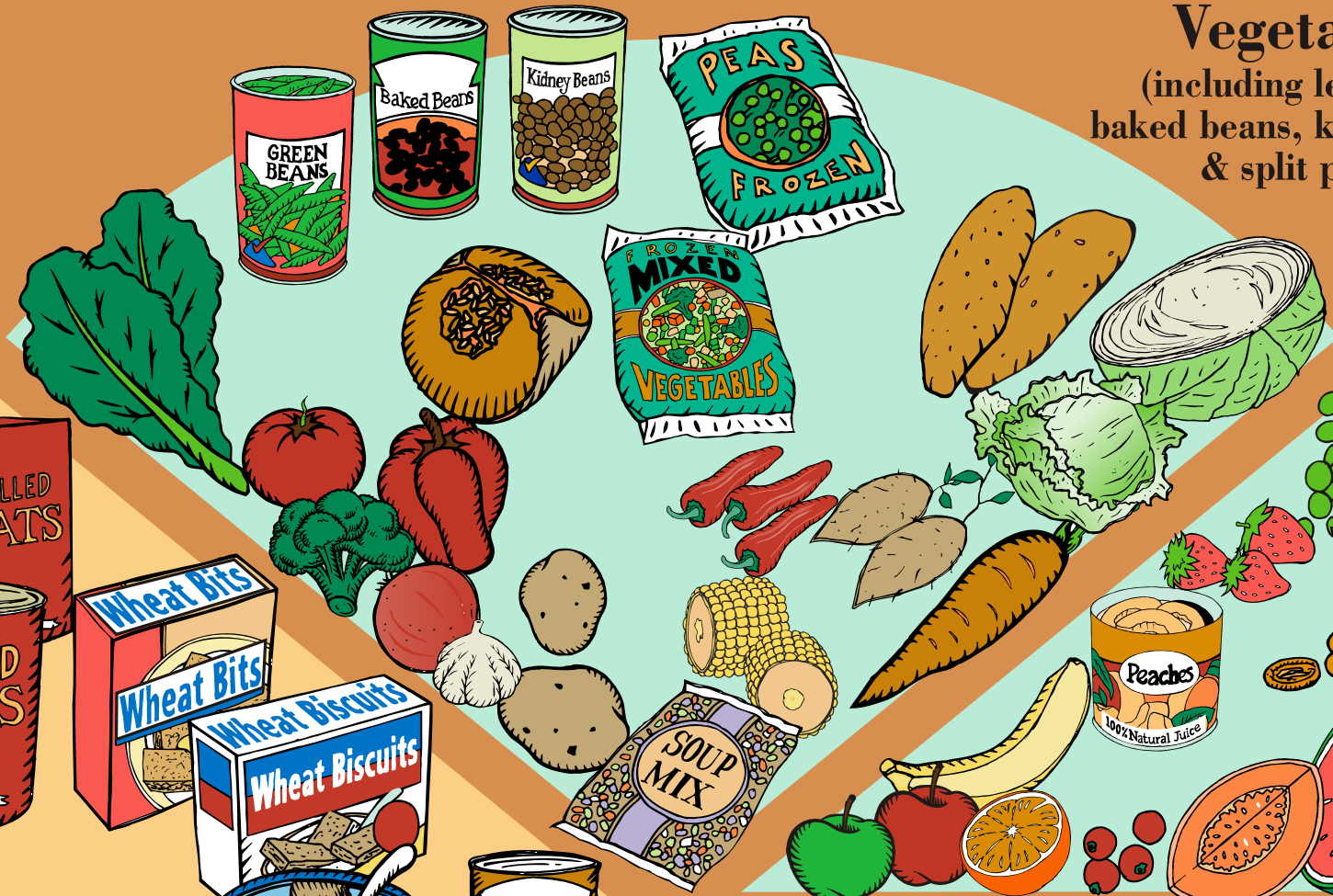


Eat good food to be Healthy and Strong

Vegetables

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



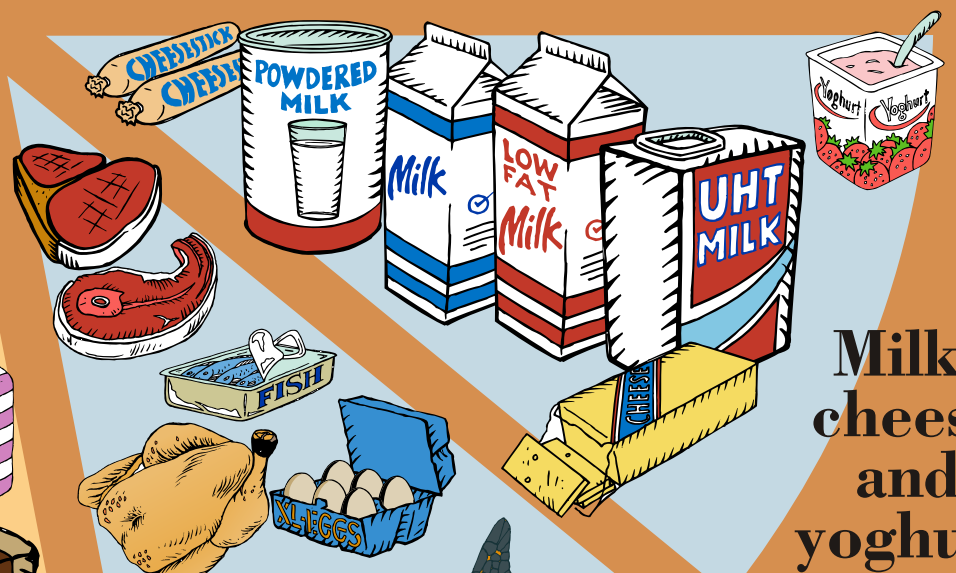
Fruit



Breads, cereals, rice, spaghetti & noodles



Milk, cheese and yoghurt



Meat

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



Drink plenty of water



Eat in small amounts



THE ABORIGINAL AND TORRES STRAIT ISLANDER GUIDE TO HEALTHY EATING WAS ADAPTED WITH PERMISSION FROM THE AUSTRALIAN GUIDE TO HEALTHY EATING (1998, COMMONWEALTH DEPARTMENT OF HEALTH AND AGED CARE).