

Eat good food to be healthy and strong

Vegetables

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

Fruit

Milk, cheese and yoghurt

Meat

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

Breads, cereals, rice, spaghetti & noodles

Drink plenty of water

Eat in small amounts

ADAPTED WITH PERMISSION FROM THE AUSTRALIAN GUIDE TO HEALTHY EATING (1998, COMMONWEALTH DEPARTMENT OF HEALTH AND AGED CARE)



Northern Territory Government

nt.gov.au/health



Be healthy: eat better, move more

Here are some ideas to keep your family healthy and strong

Move more

- It is never too late to start regular exercise.
- If you have not exercised for a while, start again slowly, and build it up over time.
- Walk more – at least half an hour every day.
- Walk rather than use the car.
- If you can, keep playing sport.



Drink more water

- Choose water to drink.
- Adults should drink at least 2 litres of water a day.



Eat a variety of fruit and vegetables everyday

- Choose from fresh, frozen, canned or dried.
- Choose fruit or salad vegetables as a snack.
- Add mixed vegetables to meals when cooking.
- Eat legumes such as baked beans, bean mix, soup mix and lentils.

Eat wholegrain and wholemeal breads, cereals, rice and pasta

- Eat some of these foods with each meal.

Eat less salt

- Eating too much salt can raise blood pressure and increase the risk of stroke and heart attack.
- Don't add salt to your food.
- Avoid foods with a lot of salt, eg tinned meats, sausages, hams, sauces, gravies, pies, sausage rolls, crisps and instant packet/cup noodles.

Eat more bush foods

- Plant and animal bush foods have lots of nutrients and most are low in fat and sugar.

Eat less fatty food and fried food

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

To cut down on fats

- Eat more bush foods, fish, shellfish and lean meat.
- Choose salads, sandwiches/rolls, or meat and vegetable dishes from the takeaway.
- Eat less fatty meat, tinned corned beef, sausages and pies.
- Eat less fried foods like chips, fried chicken wings/legs, and fried meat.
- Eat less snack food like potato crisps, ice cream, chocolate and cakes.
- Cut the fat off meat before cooking, take the skin off chicken.
- Adults should choose reduced fat milk, cheese and yoghurt.
- If you use oil or margarine, use small amounts and choose canola or olive oil or polyunsaturated/monounsaturated margarine.

Eat less sugar

- A lot of sugar is hidden in foods and drinks.
- Too much sugar can make us overweight.

To eat less sugar

- Choose water instead of soft drink, cordial or other sweet drinks.
- Choose diet drinks instead of ordinary soft drinks, sports drinks, or cordial.
- Add less sugar to tea or coffee.
- Choose fruit juice with 'no added sugar' - only one small glass, small bottle or popper a day.
- Choose low sugar breakfast cereals like porridge or wheat biscuits.
- Eat less biscuits, cakes, chocolate, lollies, and ice cream.



**healthy
Territory**

A Territory Government initiative