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[A gateway to the strategies, policies, programs and services delivered by the Department of Health & Human Services.](#)



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- Foods from plants and animals

## Foods from plants and animals

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Tags:

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## Summary

- Animal foods include meat, eggs and milk.
- Cheese and yoghurt are made from milk, which is an animal food.
- Plant foods include vegetables, fruit, wheat and rice.

Some of the foods we eat come from animals, including beef, veal, lamb, pork, fish and chicken. Other foods come from plants, including rice, wheat, fruit, beans and vegetables.

We also eat food that animals make. For example, chickens produce eggs and cows give milk. Plants produce food too, such as edible fruits. Plant and animal foods are used to make other foods, such as bread and cheese.

Many processed foods use a combination of foods from animal and plant sources. Biscuits are made from flour (food from a plant) while also containing butter and milk (food sourced from an animal).

## How we get food from animals

Some foods are produced from the flesh or internal organs of animals, such as:

- beef, lamb, kangaroo, pork and mutton (red meats)
- chicken and fish (white meats)
- heart, liver, kidneys and brains (organ meats).

Most of these foods come from farmed animals. They are raised until they reach a target weight, then are slaughtered (killed) and butchered (cut up) for us to buy, cook and eat. Some animals, like kangaroos and most fish, are killed or caught in their natural environments.

Other animal foods, such as eggs, milk and honey, are produced by animals over their lifetimes.

Foods from animal source are high in protein, they usually are also high in fat. Vitamin B12 and vitamin D are also present in many animal foods, these vitamins are not found in plant foods.

### Cheese is an animal food

Cheese is made from milk, so it is also an animal food. Other foods made from milk are butter, cream and yoghurt.

## How we get food from plants

Fruit is one of the many foods we get from plants. Other parts of plants we use for food include:

- leaves and stems – celery, lettuce, silver beet
- roots – potatoes, carrots, beetroot, cassava, radish, parsnip
- seeds – wheat, rice, legumes, ground nuts (peanuts), tree nuts (walnuts, almonds).

Most plant foods eaten in Australia are produced on farms and orchards, but some are grown in greenhouses.

Foods from plants are packed with many nutrients such as vitamins, minerals and antioxidants. Dietary fibre is found only in plants.

## Cakes are made mainly from plant food

Most cakes are made from flour. Flour is made from wheat, which is a seed made by plants. Other foods made from wheat include:

- bread
- pastry
- biscuits
- pasta
- noodles

Cakes, biscuits and bread can also contain animal fat, eggs and milk.

## Where to get help

- local food suppliers

- food retailers

## Things to remember

- Animal foods include meat, eggs and milk.
- Cheese and yoghurt are made from milk, which is an animal food.
- Plant foods include vegetables, fruit, wheat and rice.

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## More information

### Healthy eating

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#### Healthy eating basics

- [Balancing energy in and energy out](#)

[A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance...](#)

- [Body mass index \(BMI\)](#)

[Body mass index or BMI is an approximate measure of your total body fat...](#)

- [Children's diet - fruit and vegetables](#)

[If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead...](#)

- [Dairy and dairy alternatives](#)

[Dairy products \(and dairy alternatives\) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles...](#)

- [Eggs](#)

[The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals \(such as vitamin A, vitamin D...](#)

- [Energy in food \(kilojoules and calories\)](#)

[A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance...](#)

- [Food Standards Australia New Zealand \(FSANZ\)](#)

[FSANZ's role is to protect the health and safety of people in Australia and New Zealand by maintaining a safe food supply...](#)

- [Getting enough protein](#)

[Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein \(or...](#)

- [Healthy eating tips](#)

[A good balance between exercise and food intake is important to maintain a healthy body weight...](#)

- [How to cut down on salt \(slideshow\)](#)

[Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you're not even aware of. Learn how to cut down on salt...](#)

- [Kids and energy needs](#)

[It's important for kids to eat a wide variety of foods for a healthy, well-balanced diet and to be physically active. Creating healthy habits during childhood helps to ensure lifelong healthy...](#)

- [Look after your health at harvest time \(slideshow\)](#)

[Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness...](#)

## Food types

- [Alcohol explained](#)

[The size of a standard drink can vary according to the type of alcohol...](#)

- [Cereals and wholegrain foods](#)

[Common cereal foods include bread, breakfast cereals and pasta...](#)

- [Dairy and dairy alternatives](#)

[Dairy products \(and dairy alternatives\) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles...](#)

- [Fats and oils](#)

[Animal products and processed foods like fried fast food are generally high in saturated fats...](#)

- [Fish](#)

[Eating two or more serves of fish per week can reduce the risk of a range of diseases including dementia, depression and cardiovascular disease...](#)

- [Foods from plants and animals](#)

[Some of the foods we eat come from animals and others come from plants...](#)

- [Fruit and vegetables](#)

[Eating fruit and vegetables can help protect against some diseases including diabetes and some cancers...](#)

- [Getting enough protein](#)

[Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein \(or...](#)

- [Herbs](#)

[Use herbs to enhance the flavour of virtually any dish, including desserts...](#)

- [Lunch at work](#)

[Did you know lunch is just as important as breakfast? In other words, don't skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work...](#)

- [Meat and poultry](#)

[Meat and poultry are a great source of protein and lots of other nutrients your body needs. Check your recommended intake of meat and poultry and try to stick with it...](#)

- [Nutrition – Summer fruit and vegetables \(video\)](#)

[Salads are a great way for you achieve your 5 serves of vegies every day...](#)

- [Nuts and seeds](#)

[Nuts are a healthy food and a good source of protein and healthy fats...](#)

- [Organic food](#)

[Organic foods are farmed in a more environmentally sustainable way than conventional foods...](#)

- [Simple ways to cut down on fat \(slideshow\)](#)

[Cutting down on fat is not as hard as you think. Here's how to maintain a healthy weight by consuming the right amount and types of fat...](#)

- [Soft drinks, juice and sweet drinks - children](#)

[Encourage children to drink and enjoy water. Sweet drinks such as juice, cordial and soft drinks may cause health problems for children if consumed in large amounts...](#)

- [Soft drinks, juice and sweet drinks – limit intake](#)

[Consumption of drinks containing added sugar is associated with weight gain, reduced bone strength and tooth erosion and decay...](#)

## Vitamins and supplements

- [10 tips for getting enough vitamin D](#)  
[A balanced UV approach is required to ensure some sun exposure for vitamin D while minimising the risk of skin cancer...](#)
- [Antioxidants](#)  
[Antioxidants scavenge free radicals from the body's cells, and prevent or reduce the damage caused by oxidation...](#)
- [Calcium](#)  
[If you don't have enough calcium in your diet, your bones will eventually become weak and brittle...](#)
- [Folate for pregnant women](#)  
[Even women who aren't planning to have a baby should increase their folate intake in case of unplanned pregnancy...](#)
- [Iodine](#)  
[Good sources of iodine include fortified bread and any type of seafood, including seaweed...](#)
- [Iron](#)  
[Iron is important for transporting oxygen in the blood...](#)
- [Vitamin and mineral supplements](#)  
[Taking vitamin supplements is no substitute for a healthy diet...](#)
- [Vitamin B](#)  
[The eight B-group vitamins are essential for various functions within the body...](#)
- [Vitamin D](#)  
[A balanced approach to sunlight exposure will help you get enough vitamin D while protecting against skin cancer...](#)
- [Vitamin D - maintaining levels in winter \(video\)](#)  
[Vitamin D is important for healthy bones, muscles and the nervous system...](#)
- [Vitamins - common misconceptions](#)  
[There is no evidence that any one vitamin can slow ageing, restore sex drive or cure infertility...](#)

#### **Health conditions and food**

- [Arthritis and diet](#)  
[No special diet or 'miracle food' can cure arthritis, but some conditions may be helped by avoiding or including certain foods...](#)
- [Asthma and food allergies](#)  
[It is important to identify any foods or food chemicals that may trigger your asthma, but this must be done under strict medical supervision...](#)
- [Cancer and food](#)  
[Diet can influence your risk of developing some cancers, but there is no evidence that specific foods can cause or cure cancer...](#)
- [Cholesterol - healthy eating tips](#)  
[Replacing foods that contain saturated fats with foods that contain polyunsaturated and monounsaturated fats will help to lower your cholesterol...](#)
- [Coeliac disease and gluten sensitivity](#)  
[Coeliac disease is an immune disease caused by gluten...](#)
- [Diabetes and healthy eating](#)  
[Healthy eating for people with diabetes is no different than for everyone else...](#)
- [Eggs](#)  
[The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals \(such as vitamin A, vitamin D...](#)
- [Food allergy and intolerance](#)  
[Food allergy is an immune response, while food intolerance is a chemical reaction...](#)
- [Food poisoning - prevention](#)  
[You can minimise the risk of food poisoning by taking simple precautions...](#)

- [Getting enough protein](#)

[Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein \(or...](#)

- [Have you had an allergic reaction to packaged food?](#)

[The Food Standards Code requires that certain foods must be listed on the package of a food, or made known to the customer upon request. If you experience an allergic reaction to a known allergen not...](#)

- [Health check](#)

[This health assessment questionnaire will identify which zones of your lifestyle are contributing to your personal health risk and provide actions you can take to make positive change...](#)

- [Heart disease and food](#)

[A diet low in saturated fats and high in fibre and plant foods can substantially reduce your risk of developing heart disease...](#)

- [Huntington's disease and diet issues](#)

[Weight loss is often associated with Huntington's disease, but it doesn't appear to be a direct result of diet...](#)

- [Lunch at work](#)

[Did you know lunch is just as important as breakfast? In other words, don't skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work...](#)

- [Mood and food](#)

[Your mood can affect your food choices, and your food choices may affect your mood...](#)

- [Pregnancy and diet](#)

[Good nutrition during pregnancy can help to keep you and your developing baby healthy...](#)

- [Scurvy](#)

[Scurvy is uncommon in Australia but anyone whose diet is inadequate in vitamin C is at risk...](#)

- [Type 2 diabetes - healthy eating and exercise \(video\)](#)

[People with type 2 diabetes talk about positive lifestyle changes that improve their quality of life...](#)

## **Food science and technology**

- [Carbohydrates and the glycaemic index](#)

[The glycaemic index \(GI\) can be a useful tool to control blood sugar levels...](#)

- [Eggs](#)

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- [Fats and oils](#)

[Animal products and processed foods like fried fast food are generally high in saturated fats...](#)

- [Fibre in food](#)

[A diet high in fibre keeps the digestive system healthy...](#)

- [Food additives](#)

[The long-term effects of consuming a combination of different additives in our food are currently unknown...](#)

- [Food - genetically modified \(GM\)](#)

[Some foods include ingredients that have been genetically modified \(GM\), or are made using ingredients derived from GM organisms...](#)

- [Food irradiation](#)

[Food irradiation can kill insects, moulds and bacteria, but it cannot kill viruses...](#)

- [Food labels](#)

[Food labels carry useful information to help you make good choices about food...](#)

- [Food - pesticides and other chemicals](#)



[Chemicals such as pesticides, antibiotics and hormones are used to boost food production and ensure adequate food supply...](#)

- [Food processing and nutrition](#)

[Careful cooking and storage will help retain the nutrients in your food...](#)

- [Meat and poultry](#)

[Meat and poultry are a great source of protein and lots of other nutrients your body needs. Check your recommended intake of meat and poultry and try to stick with it...](#)

- [Mercury in fish](#)

[Pregnant women and young children should limit consumption of fish that contain high levels of mercury...](#)

- [Protein](#)

[The human body can't store protein, so it must be supplied daily from the foods we eat...](#)

- [Salt](#)

[Too much sodium \(salt\) can cause high blood pressure and many other health conditions...](#)

- [Sugar](#)

[Too much sugar in the diet can contribute to health problems, so limit foods and drinks with high amounts of added sugar...](#)

### **Planning shopping and cooking**

- [10 tips for healthy shopping](#)

[Make a shopping list for healthier food choices ... 10 tips for healthy shopping...](#)

- [Breakfast](#)

[Children who skip breakfast may lack sufficient vitamins and minerals including iron, calcium, zinc and vitamin B2...](#)

- [Celebrations - Christmas Day the healthy way \(video\)](#)

[Victorian State Public Health Nutritionist, Veronica Graham shows us how to cook a light and healthy Christmas meal without overindulging. Whatever way you celebrate, there are ways to eat healthily...](#)

- [Celebrations - healthy birthday parties \(video\)](#)

[Birthday parties can be healthy as well as fun. Flip Shelton reports on some great ideas for healthy and tasty treats for your child's next birthday...](#)

- [Cooking healthy alternatives \(video\)](#)

[Chef Andrew Blake shows people how to cook healthy fish and chips, spring rolls and pancakes...](#)

- [Cooking tips for busy people](#)

[If you lack the time or motivation to cook, try these tips...](#)

- [Eating out – healthy food from different cultures \(video\)](#)

[Nutritionist Shane Bilsborough takes us on a tour of Melbourne's restaurants. Some popular food from different cultures is high in fat and kilojoules. There are, however, some healthy alternatives...](#)

- [Food labels](#)

[Food labels carry useful information to help you make good choices about food...](#)

- [Food shopping - a family's healthy market shop \(video\)](#)

- [Food shopping - fresh produce choices at local markets \(video\)](#)

[Reporter Flip Shelton takes us on a tour and shows us what fresh produce is available at a local market...](#)

- [Food to have sometimes](#)

[Junk food should be kept to a minimum. It usually contains a lot of fat, salt or sugar...](#)

- [Food variety and a healthy diet](#)

[If you eat a variety of good food, your diet will provide you with adequate nutrition...](#)

- [Healthy budget - tucker talk tips](#)

[You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies...](#)

- [Healthy cooking tips](#)

[Eating healthy food doesn't mean giving up your favourite foods and switching to eating only salads...](#)

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- [Lunch - avoid the fast food fix \(video\)](#)

[Nutritionist Shane Bilsborough shows us how much energy it takes to burn off a fast food lunch. Join tradies, Corky and Danny as they find out how to maintain a healthy weight...](#)

- [Lunch boxes - healthy shopping ideas \(video\)](#)

[Victorian State Public Health Nutritionist Veronica Graham takes us shopping for the right foods to include in your child's lunchbox...](#)

- [Lunch boxes - how to make them healthy \(video\)](#)

[Victorian State Public Health Nutritionist Veronica Graham shares three healthy and delicious lunchbox examples for the kids and provides some great food preparation tips to save you time throughout...](#)

- [Reading food labels - tucker talk tips](#)

[Labels on packaged food can give you useful information about the nutrition, ingredients, storage and weight of the food. Add full stop to pull quote...](#)

- [Shopping at fresh food markets \(video\)](#)

[Victorian State Nutritionist, Veronica Graham talks about the benefits of shopping at fresh produce markets...](#)

- [Tips to keep our snacks on track \(slideshow\)](#)

[Most of us are prone to the odd snack or two. Check out these simple tips to keep your snacks on track...](#)

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- [Avoid food poisoning - Shop Safe \(video\)](#)

[Learn how to keep your hot and cold foods separate and shop safely for food...](#)

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- [Be savvy with food this summer \(slideshow\)](#)

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[Cockroaches prefer to live in kitchens and other food preparation areas, so they can feed off food spills...](#)

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[How to avoid food poisoning this summer...](#)

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[The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals \(such as vitamin A, vitamin D...](#)

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[In a gas or electricity blackout you may have to think laterally to come up with ways to continue bathing, eating and keeping warm...](#)

- [Fishing - eat your catch with care](#)

[People who fish in the Lower Yarra and Maribyrnong rivers need to be careful about eating their catch because of the risk of chemical exposure...](#)

- [Food poisoning - listeria](#)  
[Listeria infection is uncommon but very dangerous for the elderly, people whose immune systems are not working properly and pregnant women and their unborn babies...](#)
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[Washing your hands with soap and warm water can help prevent the spread of infectious diseases...](#)

#### **Dieting and diets**

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[Breastfeeding women need to eat regularly and include a wide variety of healthy foods in their diet...](#)
- [Childcare and healthy eating](#)  
[Childcare centres should provide healthy meals for your children...](#)
- [Dairy and dairy alternatives](#)  
[Dairy products \(and dairy alternatives\) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles...](#)
- [Disability - managing underweight](#)  
[There are a number of ways that a person with a disability can successfully avoid unwanted weight loss...](#)
- [Eating tips for babies](#)  
[First foods for babies can be prepared easily and cheaply at home without salt, seasonings and sweeteners...](#)
- [Eating tips for children \(3\) - older toddlers](#)  
[Offer children the same foods as the family, with a variety of textures and flavours for balanced nutrition...](#)
- [Eating tips for preschoolers](#)  
[Children are able to decide how much food they need for activity and growth if allowed to eat according to their appetite...](#)

- [Eating tips for school children](#)  
[Snacks are an important part of a healthy diet for active children, so offer nutritious as well as high energy snacks...](#)
- [Eating tips for young toddlers](#)  
[Children have a natural ability to sense when they are hungry and when they are full...](#)
- [Eggs](#)  
[The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals \(such as vitamin A, vitamin D...](#)
- [Food and your life stages](#)  
[The nutritional requirements of the human body change as we move through different life stages...](#)
- [Food for babies - tucker talk tips](#)  
[Before six months, breastmilk or formula is the only food and drink that your baby needs...](#)
- [Getting enough protein](#)  
[Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein \(or...](#)
- [Good food for Elders - tucker talk tips](#)  
[Good nutrition, a healthy diet and physical activity can help Elders prevent or manage health problems...](#)
- [Healthy active Koori kids - tucker talk tips](#)  
[Good nutrition and physical exercise help to keep Koori kids healthy and avoid diseases when they get older...](#)
- [Healthy budget - tucker talk tips](#)  
[You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies...](#)
- [Healthy eating during pregnancy - tucker talk tips](#)  
[Some foods should be avoided during pregnancy as they carry bacteria that could harm your unborn baby...](#)
- [Healthy eating for adolescent girls](#)  
[Eating healthy food is important at any age, but it's especially important for teenagers...](#)
- [Healthy eating for women in midlife](#)  
[As you get older you need fewer calories, but your need for other nutrients remains unchanged. Healthy...](#)
- [Healthy eating for women in their later years](#)  
[Being well nourished improves women's mental and physical health and quality of life at all life stages...](#)
- [Healthy eating for young women](#)  
[Good nutrition is especially important during this stage of your life when there is so much happening: independent living, career development, travel, establishing relationships, babies and families...](#)
- [Lunch at work](#)  
[Did you know lunch is just as important as breakfast? In other words, don't skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work...](#)
- [Nutrition needs when you're over 65](#)  
[Nutrition needs vary with age and gender. Now you're older, the foods and drinks that make up a healthy diet may need to be slightly different from when you were younger. In general, you&...](#)

## Related Information

- [Nutrition Week](#)  
Nutrition Week...
- [Fish](#)  
Eating two or more serves of fish per week can reduce the risk of a range of diseases including dementia, depression and cardiovascular disease...
- [Cereals and wholegrain foods](#)  
Common cereal foods include bread, breakfast cereals and pasta...

- [Fats and oils](#)

Animal products and processed foods like fried fast food are generally high in saturated fats...

- [Herbs](#)

Use herbs to enhance the flavour of virtually any dish, including desserts...

[Home](#)

### Related information on other websites

- [Where does our food come from? Beef \(video\) – LandLearn NSW.](#)
- [Where does our food come from? Lamb \(video\), LandLearn NSW.](#)
- [Where does our food come from? Milk \(video\), LandLearn NSW.](#)
- [Where does our food come from? Tomatoes \(video\), LandLearn NSW.](#)
- [Where does our food come from? Wheat \(video\), LandLearn NSW.](#)

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