Healthy Eating

- Nutrition for life
- Healthy mind
- Healthy pregnancy
- Immunisation

Services and support

- Services and support
- Aged care services
- Alcohol and drug services
- LGBTI support
- Caregiving and respite care services
- Child, family and relationship services
- Disability services
- Emergency, crisis and support services
- End of life and palliative care services
- Hospitals, surgery and procedures
- Mental health services
- Planning and coordinating healthcare
- Pregnancy and birth services

A-Z

- Conditions and treatments
- Healthy living
- Services and support
- Videos
- Service profiles

Blog

- Blog authors
- Topics

Podcast

- Influenza - Dr Brett Sutton & Prof Kanta Subbarao
- Trauma - Anne Leadbeater OAM & Dr Rob Gordon
- template

Other sites

- Health.vic
- DHHS
- Seniors Online

Sitemap

MyHealth Life

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Back to Healthy eating

Breakfast

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Tags:

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Summary

- A healthy breakfast has many health benefits.
- Children who skip breakfast may lack sufficient fibre, vitamins and minerals including iron, calcium, zinc and vitamin B2.
- Reasons for skipping breakfast include lack of time, lack of motivation and lack of available breakfast foods.

Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

Glucose

Glucose is the body’s energy source. It is broken down and absorbed from the carbohydrates you eat. In the morning, after you have gone without food for as long as 12 hours, your glycogen stores are low. Glycogen is the glucose that has been stored in your muscle tissue and liver where it is released slowly overnight to keep your blood sugar levels stable.

Once all of the energy from the glycogen stores is used up, your body starts to break down fatty acids to produce the energy it needs. Without carbohydrate, fatty acids are only partially oxidised, which can cause reduced energy levels. Eating breakfast restores your glycogen stores and boosts your energy levels, as well as your metabolism for the day.

Essential vitamins, minerals and nutrients

Breakfast provides a significant proportion of the day’s total nutrient intake and offers the opportunity to eat foods fortified with nutrients such as folate, iron, B vitamins and fibre.

Essential vitamins, minerals and other nutrients can only be gained from food, so even though your body can usually find enough energy to make it to the next meal, you still need to top up your vitamin and mineral levels to maintain health and vitality.

Skipping breakfast

Extensive research in Australia and overseas has found:
- Many children who skip breakfast are significantly heavier than those who eat breakfast.
- Skipping breakfast may diminish mental performance. Eating breakfast may aid learning, as you are better able to pay attention and are more interested in learning.
- Eating high-fibre breakfast cereals reduces fatigue.
- Children who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.
- People who eat breakfast have more nutritious diets than people who skip breakfast. They also have better eating habits as they are less likely to be hungry for snacks during the day.
- Going without breakfast becomes more common with advancing age.

Why we skip breakfast

Some common reasons for skipping breakfast include:

- not enough time
- too tired to bother
- wanting to spend the extra time dozing in bed
- no readily available breakfast foods in the house.

A healthy breakfast may reduce the risk of illness

Compared to children who regularly eat breakfast, those who skip breakfast tend to consume fewer kilojoules overall, yet they experience the same rates of overweight and obesity.

There are a number of theories for this. There is some evidence that large meals are more likely to lead to weight gain than smaller, more frequent meals. This is because excess kilojoules eaten during one sitting are stored as body fat, once the glycogen storage areas are full. People who skip breakfast are usually ravenous by lunchtime and tend to eat more to compensate.

Snacking

People who skip breakfast tend to nibble on snacks during the mid-morning or afternoon. This can be a problem if those snacks are low in fibre, vitamins and minerals, but high in fat and salt. Without the extra energy that breakfast can offer, some breakfast skippers feel lethargic and turn to high-energy food and drinks to get them through the day.

If you do skip breakfast, try a nutritious snack such as fresh fruit, yoghurt, a low-fat muffin or a wholemeal sandwich to help you through that mid-morning hunger.

Cultural differences

Breakfast is not considered a staple meal in all parts of the world. People in some cultures consume only two meals each day instead of three, and breakfast isn’t traditionally always one of them. Other cultures may consume a different style of breakfast in the morning such as warmed leftovers or egg dishes with breads, rice or noodles. These types of breakfasts also provide a good nutritious start to the day.

Research is ongoing, but there doesn’t seem to be any harm in skipping breakfast if that has always been your preference. However, the nutritional content of your lunch and dinner must be sufficient to make up for the loss of breakfast.
Breakfast foods

Research has shown that schoolchildren are more likely to eat breakfast if easy-to-prepare breakfast foods are readily available at home. Some quick suggestions include:

- whole-wheat or wholegrain breakfast cereals, such as wheat biscuits, muesli or bran cereals
- porridge, such as quick oats
- fresh fruits
- wholemeal or multigrain bread to toast
- muffins or crumpets
- toast toppings, such as baked beans, eggs, cheese or spreads
- fruit or plain yoghurts
- fresh fruit juices
- low-fat milk.

Mid-morning snack time

Some people find that the thought of food first thing in the morning turns their stomach. If this is the case, switch your breakfast to morning tea or mid-morning snack time instead.

Where to get help

- Your doctor
- Dietitians Association of Australia Tel. 1800 812 942

Things to remember

- A healthy breakfast has many health benefits.
- Children who skip breakfast may lack sufficient fibre, vitamins and minerals including iron, calcium, zinc and vitamin B2.
- Reasons for skipping breakfast include lack of time, lack of motivation and lack of available breakfast foods.

Tips to keep our snacks on track

1. Most of us are prone to the odd snack or two. However, snacking doesn’t have to be bad if we stick to healthy options. As long as we eat a well-balanced nutritious diet and regular meals, the odd snack is not a problem. Check out these simple tips to keep your snacks on track.
2. **Don’t go hungry**

If you skip meals, you’re going to be hungry and more likely to make bad food choices. Many of us skip breakfast and go straight for the morning coffee and muffin break. Café style muffins not only contain around 10 teaspoons of sugar, but more than a fifth of our recommended daily salt intake. If you’re still tempted, why not make your own, that way you know exactly what’s going into them. Savoury muffins are healthier – try our [sweet potato and cheddar muffins](#).

3. **Plan ahead**

Write a shopping list and stick to it. Don’t do the grocery shopping when you’re hungry – that way you’re less likely to fill your trolley with unwanted and unhealthy items.
4. **Read food labels**

Always read food labels – natural doesn’t always mean healthy. You would be surprised how many foods are high in fat, salt and sugar. Download a free app like FoodSwitch, which scans barcodes and gives the nutritional value of loads of foods. If you have kids, get them to help with the shopping. They can search for healthy alternatives using your phone.

5. **Stock up**

Keep a supply of healthy snacks in your fridge and pantry. That way you’re less likely to graze on junk food. Try some small tubs of yoghurt, vegetable dips, wholegrain crackers and cheese, rice cakes, unsalted nuts or air-popped popcorn.

6. **Be prepared**

Always carry healthy snacks with you. This especially applies if you’re on the go. Keep a supply at work, school and even in the car for when you get hungry. Try to stock an interesting variety to avoid getting bored.
7. **Be snack savvy**

Get to know which snack foods contain hidden salt, fat and sugar. ‘Health bars’ are one of the main culprits. Don’t be fooled by advertising – a processed muesli, breakfast or energy bar contains around two teaspoons of sugar and a teaspoon of fat. A great alternative is to make your own – try our [gluten free muesli bars](#).

Hint: be careful of products that claim to be low in fat – they may contain hidden sugars and are best avoided.

8. **Homemade is best**

Make your own snacks using a mixture of fresh and baked ingredients. They don’t have to be complicated either. If you have children, get them to help make their own snacks for school. Experiment with new recipes, and replace your favourite snacks with healthy versions. Replace chips with homemade [potato wedges](#) or cut up some veggies and make a dip or salsa. Try our quick and easy [avocado salsa](#). As you get better in the kitchen, you might like to share recipes with friends or make up your own.
9. **Put colour in your life**

Whether at work, school or at home, a bowl or a box of fruit makes a colourful and tempting display. You’re more likely to snack on healthy options if they’re on hand.

10. **Resist the urge**

We know it’s tough, but potato chips, sweet biscuits and chocolate are high in salt, sugar, fat and kilojoules. Make them *occasional treats*, not everyday foods. Keep a check on how much you consume each week with Livelighter's [junk food calculator](https://www.betterhealth.vic.gov.au).
Think about portion size

If you really want some of your favourite junk food, read the label and stick to one serve. Don’t eat the whole packet! Did you know a handful of chips contain around three teaspoons of fat? That’s the equivalent of a small meal! Remember, aim for two serves of fruit and five serves of vegetables per day – eat a rainbow and your body will glow!

Don’t forget drinks

Many drinks on supermarket shelves contain hidden sugar, such as fruit juices. They push our sugar consumption well into the danger zone. Opt for water instead. If you’d like a healthy liquid snack, make a fresh fruit smoothie – it’s a great way to use up ripe bananas.
Listen to your body

Are you hungry or are you craving? There is a difference. Most of us don’t listen to our body and overeat. If you’re eating for comfort and not hunger, try to be ‘mindful’ – recognise when you’re peckish and when you’ve had enough. Eat slowly and take time to savour your food.

Short on cash?

How much of your budget is going towards snacks that are not nutritious? Take a challenge – try to dedicate a month to go junk food free and see how much money you save.

References

- Healthy Eating - Healthy breakfast tips, Heart Foundation, More information here.
- Breakfast, John Hopkins Bloomberg School of Public Health, John Hopkins University, USA. More information here.

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More information

Healthy eating

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- Healthy eating basics
- Food types
- Vitamins and supplements
- Health conditions and food
- Food science and technology
- Planning shopping and cooking
- Food safety and storage
- Dieting and diets
- Nutritional needs throughout life

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.

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
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
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.

- 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
  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

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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 - prevent

  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.

- 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 you should...

- Health check

  This health assessment questionnaire will identify which areas 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

  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).

- 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...

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

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...

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...

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

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

Food safety and storage

Avoid food poisoning - Cook Safe (video)

Learn how to prepare and cook food safely at home...

Avoid food poisoning - Shop Safe (video)

Learn how to keep your hot and cold foods separate and shop safely for food...

Avoid food poisoning - Store Safe (video)

Learn how to store food safely in your fridge at home...

Be savvy with food this summer

How to keep food fresh and safe in warmer weather...

Cockroaches

Cockroaches prefer to live in kitchens and other food preparation areas, so they can feed off food spills...

Don't let food poisoning ruin your summer (slide show)

How to avoid food poisoning this summer...

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...)

Emergencies - coping without gas or electricity

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.

- **Food poisoning - prevention**
  You can minimise the risk of food poisoning by taking simple precautions.

- **Food safety and storage**
  High-risk food should be kept at 5 °C or below, and above 60 °C to avoid the temperature danger zone and food poisoning.

- **Food safety - eggs**
  To enjoy eggs safely - buy clean, keep cool and cook well.

- **Food safety for summer celebrations (video)**
  In the hot weather there is a higher risk of food poisoning but if you follow some simple rules when you prepare, handle and store food it will significantly reduce your risk of getting sick.

- **Food safety outdoors**
  Food poisoning is a real risk when taking food outside the home, especially in warmer weather.

- **Food safety when cooking**
  Most foods should be cooked to at least 75 °C to minimise the risk of food poisoning.

- **Food safety when eating out**
  If you have any doubt about the safety of food when you're out, don't eat it.

- **Food safety when shopping**
  When you shop, choose, pack and transport food carefully.

- **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.

- **Food – use-by and best-before dates**
  Check the ‘use-by’ or ‘best before’ date when you buy food.

**Diets and diets**

- **10 tips on how to eat more calcium**
  Reduce your intake of coffee, alcohol and soft drinks.

- **Body image and diets**
  Some people diet because they have a poor body image, not because they want to be a healthy weight.

- **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.

- **Food allergy and intolerance**
  Food allergy is an immune response, while food intolerance is a chemical reaction.

- **Food for sport - tucker talk tips**
  Carbohydrate is the most important nutrient for athletes.

- **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.

- **Gluten-free diet**
  Gluten sensitivity can be managed with a gluten-free diet.

- **Heart disease and food**
  A diet low in saturated fat and high in fibre and plant foods can substantially reduce your risk of developing heart disease.

- **How to cut down on salt**
  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.
Mood and food
Your mood can affect your food choices, and your food choices may affect your mood...

Simple ways to cut down on fat
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.

Sporting performance and food
Good nutrition and a healthy diet are essential to improving your sports performance.

Tips to keep our snacks on track
Most of us are prone to the odd snack or two. Check out these simple tips to keep your snacks on track.

Vegetarian and vegan eating
A well-planned vegetarian or vegan diet can meet nutritional needs during all stages of life.

Vegetarian diet and children
Children can eat a vegetarian diet and stay healthy as long as their extra nutritional needs are met.

Weight loss and fad diets
With a balanced eating plan, it's what you leave in that makes all the difference.

Weight management services
Always consult with your doctor before choosing any weight management service.

Women's nutrition for life
‘Nutrition for life’ identifies a woman’s four main life stages and how to eat healthily for each of them. Following this information can lead to better health at any stage of your life.

Nutritional needs throughout life

Women's nutrition for life
‘Nutrition for life’ identifies a woman’s four main life stages and how to eat healthily for each of them. Following this information can lead to better health at any stage of your life.

Bottle feeding - nutrition and safety
Breastmilk or commercial infant formula is necessary for all babies less than 12 months.

Breastfeeding and your diet
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 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

betterhealth.vic.gov.au
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.

- **Good food for Elders - tucker talk tips**
  Getting enough protein is important for Elders.

- **Healthy active Koori kids - tucker talk tips**
  Getting enough protein is important for Koori kids.

- **Healthy budget - tucker talk tips**
  Getting enough protein is important for Elders.

- **Healthy eating during pregnancy - tucker talk tips**
  Getting enough protein is important for pregnant women.

- **Healthy eating for adolescent girls**
  Getting enough protein is important for adolescent girls.

- **Healthy eating for women in midlife**
  Getting enough protein is important for women in midlife.

- **Healthy eating for women in their later years**
  Getting enough protein is important for women in their later years.

- **Healthy eating for young women**
  Getting enough protein is important for young women.

- **Lunch at work**
  Getting enough protein is important for workers.

- **Nutrition needs when you’re over 65**
  Getting enough protein is important for older people.

- **Nutrition needs vary with age and gender.**
  Getting enough protein is important for individuals of different ages and genders.

- **Nutrition Week**
  Getting enough protein is important for Nutrition Week.

**Related Information**

- **No Jab No Play**
  No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age.

- **A Healthy Start to School**
  A Healthy Start to School -- a guide for parents of children in their foundation year of school.

- **Asthma explained**
  Asthma cannot be cured, but with good management people with asthma can lead normal, active lives.

- **Nutrition Week**
  Nutrition Week -- a guide for parents of children in their foundation year of school.

**Related information on other websites**

- **Child and Youth Health**
- **Dietitians Association of Australia**
Content Partner
This page has been produced in consultation with and approved by: Deakin University - School of Exercise and Nutrition Sciences

Last updated: October 2012
Page content currently being reviewed.

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