A healthy diet should include a wide variety of nutritious foods for sufficient intake of all nutrients, including vitamins and minerals. Foods to include are breads, pastas, lean meats, fish, fruits and vegetables. A healthy diet can help you maintain a healthy body weight and decrease your risk of many diet-related chronic diseases, such as cardiovascular disease, type 2 diabetes and some cancers.

Healthy diets contain a variety of foods

In general, we should include a range of nutritious foods and eat:

- plenty of breads and cereals (particularly wholegrain), fruit, vegetables and legumes (such as chickpeas, lentils and red kidney beans)
- low-salt foods, and use salt sparingly
- small amounts of foods that contain added sugars
- reduced-fat milk and other dairy products.

It is also important to drink an adequate amount of water.

Physical activity and healthy eating

A good balance between exercise and food intake is important, as this helps to maintain muscle strength and a healthy body weight. At least 30 minutes of moderate intensity physical activity, such as walking, is recommended every day.

Keep fat to a minimum

Adult diets should be low in fat, especially saturated fat. Saturated fat, which is the main fat in animal products, fried foods, chocolate, cakes and biscuits, is more easily deposited as fat tissue than unsaturated fat. Saturated fat can also be converted into cholesterol and cause blood cholesterol levels to rise.

Dietary fat helps with the absorption of fat-soluble vitamins (A, D, E and K). Small amounts of polyunsaturated and monounsaturated fats may have some health benefits when they are part of a healthy diet. Monounsaturated fats are found in nuts, olive oil and avocados, and may help to lower the bad type of cholesterol (low-density lipoprotein or LDL).

Polyunsaturated fats are generally thought to lower blood cholesterol levels. Polyunsaturated omega-3 fatty acids, which are found in fish, nuts and seeds, are thought to have an anti-clotting effect on blood, to reduce the risk of heart disease and to possibly lower blood pressure.

Eat and drink less high-kilojoule foods
The total amount of energy-dense (high-kilojoule) foods you eat may be as important as the total amount of fat in your diet. To reduce the energy density of your diet, you need to increase the amount of plant foods, such as wholegrain breads and cereals, fruit and vegetables that you eat. This will provide essential nutrients, help to make you feel ‘full’ and also reduce the amount of fat in your diet. High energy drinks such as sports drinks, cordials, soft drinks, fruit juice, energy drinks should also be limited.

Eat foods rich in calcium and iron

It is important for all Australians to eat foods which contain iron and calcium. In particular:

- **Calcium** – is important for bone health especially for infants, women and girls.
- **Iron** – carries oxygen around the body and is especially important for women, girls, vegetarians and athletes to reduce the risk of anaemia.

Drink alcohol in moderation

Alcohol is high in energy (kilojoules) and should be consumed in moderation. Men should drink less than two standard drinks per day and women less than one standard drink per day. One standard drink is 375 ml mid-strength beer, 100 ml wine or 30 ml spirits. Alcohol should not be given to children and is not recommended for pregnant or breastfeeding women.

Healthy diets for babies and children

There are guidelines to follow that help encourage a healthy diet for your infant or child, including:

- **Infants** – it is encouraged for babies to be breastfed for the first year of life. In most cases, breastfeeding should be the only source of food in the first six months. If you use formula, be careful not to overfeed or underfeed your baby.
- **Sugar** – children should eat only a small amount of foods that contain sugar and avoid food with added sugar, such as lollies, fruit drinks and soft drinks.
- **Low-fat diets** – are not appropriate for infants and young children under two years of age. A diet low in fat, especially saturated fat, may be considered for older children.
- **Drinks** – infants and children should be encouraged to choose water as their preferred drink.

Don’t skip breakfast

Children who skip breakfast generally have poorer nutrition. Their diets contain less:

- calcium
- iron
- dietary fibre
- vitamins such as riboflavin and niacin.

Skipping breakfast becomes more common as children get older. Some schools have introduced breakfast programs because they were concerned about children who skip breakfast. Children generally perform better at school when they have breakfast. They are also more likely to maintain a healthy weight when they consume a healthy breakfast.

Adults who eat a healthy breakfast are more likely to be a healthy weight and more productive at work.

Tips for healthy breakfasts

Some easy-to-prepare, healthy breakfast ideas include:

- **fresh fruit** with wholegrain breakfast cereal and reduced fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated)
- **toast** with cheese and tomato. Hot or cold reduced fat milk
- **rolled oats** made with quick oats. Add sultanas and reduced fat milk. Toast with a thin spread of margarine (polyunsaturated or monounsaturated). Orange juice
- **baked beans** on toast. Orange juice
- **fruit or plain** yoghurt with fruit.

Where to get help

- Your doctor
- Dietitians Association of Australia Tel. 1800 812 942
- Nutrition Australia Tel. (03) 8431 5800
- Department of Health and Ageing Tel. 1800 020 103

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Simple ways to cut down on fat

betterhealth.vic.gov.au
1. Fats can wreak havoc on our bodies and contribute to weight gain if we eat too much. Although we need fats in our diet, many of us are unaware of how to maintain a healthy weight because we’re not consuming the right amount and types of fat. Cutting down on fat is not as hard as we think, and it doesn’t necessarily mean we have to give up our favourite foods. Get started with these simple tips.

2. **Fats we love**

Unsaturated fats are great for our bodies – they lower our cholesterol levels and give us the fatty acids we need. These ‘good fats’ come in two forms – polyunsaturated and monounsaturated. Polyunsaturated fats can be found in fish (especially oily fish), nuts (walnuts and Brazil nuts), seeds (such as sesame – hommus and tahini are great!), polyunsaturated margarines and some oils (sunflower, safflower, soy, and corn.) Monounsaturated fats are found in avocados, nuts and nut spreads (peanuts, hazelnuts, cashews and almonds), margarine spreads (such as canola or olive oil based), and oils such as olive, canola and peanut oil.
3. **Beware of trans fats**

Trans fats (also known as trans fatty acids) are actually worse than saturated fats. They are variants of unsaturated fats that have been altered during the manufacturing process to make fats and oils harden, (imagine what they’re doing to our insides)! These fats alter our cholesterol levels for the worse and put us at higher risk of heart disease and stroke. That’s why it’s important to limit products where fats have been altered in some way, (such as deep-fried food, pies, pastries, cakes, donuts and some margarines and butter). Small amounts of trans fat occur naturally in milk, cheese, beef and lamb and are not dangerous.

Hint: **read food labels** carefully and if you see trans fat listed choose another product.

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4. **Check those labels**

The ingredients on food labels are listed in order of quantity. That means if the label on the product lists fats first, it means it’s high in fat. Be on the lookout for other fats on labels too (such as oil, shortening, cocoa butter or cream). Go for ‘low’ or ‘reduced fat’ dairy products. And when selecting processed foods, choose those with less than 5 g per 100 g of total fat.

Hint: download a free app like **FoodSwitch**, which scans barcodes on food labels and gives their nutritional value. If you have kids get them to help you shop – it teaches them all about healthy eating.
**Learn to love vegies and legumes**

The best way to cut down on bad fats is to **eat plenty of fresh vegetables** and legumes (or pulses). Pack a punch by adding as many colours and varieties as you can. Learn to love legumes – they fill us up and are loaded with **fibre**, vitamins and **antioxidants**.

Hint: try adding legumes to your vegie intake – one serve of legumes is 75 g (about a half a cup) of cooked beans, peas, chickpeas or lentils. If you don’t have time to cook from dried, use canned instead. Try our [hearty vegetable soup](#).

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**Get the good oil**

When cooking, get into the habit of using a small amount of oil, margarine and butter. Grease pans with cooking spray, or use a pastry brush to apply oils and spreads directly to food instead of adding it to the pan. **Use unsaturated oils and spreads**, such as canola, olive, safflower, sunflower, corn or soy. Watch coconut oil and cream, they're high in saturated fat.

Hint: when cooking with oil, or using unsaturated spreads (such as margarine on sandwiches), **aim for one teaspoon per person**. Measure it out too – or you may end up eating more than you bargained for!
Be a master chef

Be adventurous in the kitchen – try healthier methods and modify recipes. Steam, bake, grill, braise, boil or microwave meals rather than frying in loads of oil. For example, meat, fish and vegetables can be roasted in the oven – put meat on a rack with a dish underneath to collect oil and fat. Invest in some non-stick cookware to lessen the amount of oil required. Replace oil with liquids too (such as chicken or beef stock, red or white wine, lemon juice, fruit juice, vinegar or even tap water).

Hint: look for healthy alternatives to popular meals – give these potato wedges a go, they’re better than chips, quick to make and the dishes aren’t as greasy to clean!

8.

Lean meat is best

If you’re a carnivore, watch how much saturated fat you’re eating. Buy lean meat, trim off any visible fat, remove skin from poultry and limit fatty processed meats, (such as sausages and salami). Processed meats are high in salt and higher in saturated fat than lean meat – so make them occasional foods and not part of your daily diet. Put less meat in dishes by increasing the amount of veggies and legumes you eat. One pot meals such as stews, curries and casseroles are ideal. Try to go meat-free at least one day a week. If you’re stuck for ideas, check out these healthy recipes.

Hint: aim for 65 g of cooked lean red meat (no more than 455 g per week), or 80 g of cooked lean poultry per serve, (a serve is roughly the size of your palm). We only need around one to three serves of protein (e.g. lean meat, poultry, fish, eggs, tofu, nuts or seeds and legumes) each day. Remember, our dietary needs vary depending on our age and gender.

9.
Be dairy aware

Go for low or reduced-fat dairy products when you can. Full fat milk, yoghurt, cheese and alternatives are an important source of calcium and nutrients in our diet, but can increase our kilojoule count if we’re not careful. Unless a recipe states otherwise, stick to reduced or low-fat varieties. Limit your intake of meals with creamy sauces and swap them for pesto, salsa, chutneys and tomato-based sauces – they’re much better on our waistlines! Use low-fat yoghurt or milk, evaporated skim milk or cornflour instead of cream in sauces or soups.

Note: reduced or low fat milk is not recommended for children under two.

Hint: read food labels carefully, some low-fat products contain hidden salt and sugars.

Go easy on takeaway

A whopping one third of our household budget goes on takeaway food and dining out. Because we can’t see how the meals are prepared we have no idea how much fat goes into them. Many takeaway outlets use saturated fats because they’re cheaper and can withstand cooking at high temperatures. Make takeaway an occasional treat and opt for meals lower in ‘bad fats’ such as – grilled burgers, souvlaki, pizzas with less meat and cheese, and grilled and skinless chicken.

Hint: try to steer clear of hot chips – a large serve contains around 50 g of saturated fat, (well above the recommended daily intake of 20 g).

Eating out

betterhealth.vic.gov.au
If you’re eating out, ditch the all you can eat buffet and select from the menu. It’s a good idea to ask for dressings and sauces on the side so that way you control how much you want to eat. Avoid fries as a side dish and opt for veggies or salad. Steer clear from fried food and choose grilled instead. Think about how much you’re eating – do you really need that entrée or starter? And if you have dessert, choose healthier alternatives such sorbet instead of ice-cream or fruit instead of cheesecake.

Hint: Check out Livelighter for ways to eat healthily when dining out.

12. Be snack savvy

Many snacks, especially the ones we buy are high in saturated fats. If you’re prone to snacking, you could be consuming the equivalent of a small meal – a handful of potato chips can contain up to three teaspoons of fat! If you need to snack, opt for low-fat – small tubs of yoghurt, fresh fruit, nuts or cut up veggie sticks with homemade dips or salsa are ideal. When at work or out and about, keep snacks handy in your desk or bag so you’re less likely to pig out on junk foods. This rule applies after exercising too, and don’t forget to drink lots of water.

Hint: although it can be tempting, don’t snack in front of the TV – we’re less likely to respond to our body signals when we zone out and end up eating far more than we need!

13. Big is not better

betterhealth.vic.gov.au
We should be eating no more than 20 g of saturated per day, which according to the Heart Foundation, is around seven per cent of our daily diet. Most of us however, are eating nearly double that limit. Over the years, the size of our meals has grown at an alarming rate. Take control of portions by following this simple rule – a half of our plate can be taken up with a variety of vegies, a quarter with cereals and grains, and a quarter with meat and alternatives (meat, fish, tofu, legumes). Be a mindful eater – are you really hungry or just eating for the sake of it? Do you take time to savour your food or wolf it down? If you find it difficult to cut back, do it slowly – even reducing in small amounts can make a difference.

Hint: use a smaller plate or go for an entrée size when eating out. And if you’re loading up or going in for seconds, it might be time to rethink about what and how much you’re eating!

14. Be a fan of fish

Fish is a wonder food – rich in good oils such as omega-3 fatty acids, which are linked to better heart and brain health. Although omega-3 can be found in other animal and plant sources, fish – especially oily fish is best. If your budget is tight, it doesn’t mean you need to forgo the health benefits – tinned fish (such as sardines, salmon and tuna) are higher in omega-3 than some fresh varieties. If you’re looking for fresh – salmon, trout, gemfish and flathead are ideal, but any variety is better than none. Check out the Australian Dietary Guidelines for more on recommended serves.

Hint: If you’re a meat eater, replace one meal with fish each week (even better if you can do more!) Try our quick and easy fish and tomato casserole.

15. Burning fat
Here in Australia, we are lucky to live somewhere where food is plentiful. Unfortunately, many of us overeat and are consuming more energy than we burn, which leads to weight gain. Fat (37 kJ) is energy dense, it contains more kilojoules (or calories) than other components in foods such as protein (17 kJ) and carbohydrates (16 kJ). When we exercise, some fats break down (metabolise) faster than others, and saturated fats are the hardest to shift. Aim for at 30 minutes of moderate physical activity every day (kids need more – 60 minutes) and cut down on the amount you eat, especially high fat foods.

Hint: embrace technology, it’s a great way to track your way to a healthy lifestyle. There are plenty of reputable apps out there and many of them are free!

References

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1/4 How would you rate this website?
- ▾ Excellent
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Please note that we cannot answer personal medical queries. If you are looking for health or medical advice we recommend that you:
- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
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Send us your feedback

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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.

- 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
  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.

- **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.

- **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.

- Celebations - 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)
  Birthdays 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

betterhealth.vic.gov.au
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 (slideshow)**
  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 doubts 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.

**Dieting and diets**

**betterhealth.vic.gov.au**
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 fats 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 diets 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 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

betterhealth.vic.gov.au
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

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

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

- 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...

- Nutrition Week
  Nutrition Week...

- Children's diet - fruit and vegetables
  If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead...

Home

Related information on other websites

- Australian guide to healthy eating.
- Dietitians Association of Australia.
- eatforhealth.gov.au
- Nutrition Australia.

Content Partner

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Check out 90+ healthy ingredients for everyday cooking, including fruits, vegetables and herbs.

Healthy pantry recipes

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2 people have finished quiz today.

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How many take-away meals or snacks did you have in the last week?

- None
- Once
- Less than 3 times
- More than 3 times

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or

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