Eating Habits for Better Health

Healthy eating can help you prevent illness and improve your health. It is never too late to start. Even small changes in what you eat now can make a big difference.

Fill Your Plate With Healthy Foods

Rethink your plate

To make your meals healthier, add more nutrient-rich foods. Fill half your plate with vegetables and fruit, a quarter with healthy protein (like beans, chicken, or fish), and the remaining quarter with a whole grain or starchy vegetable (like brown rice or sweet potatoes).

Add more vegetables and fruits

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USDA Food Pyramid — Meat, Poultry, Beans, Eggs 2-3 SERVINGS — Fruit Group 2-4
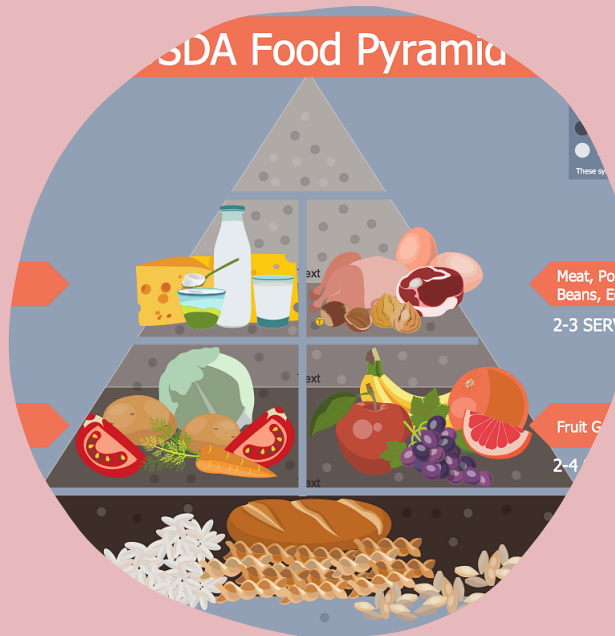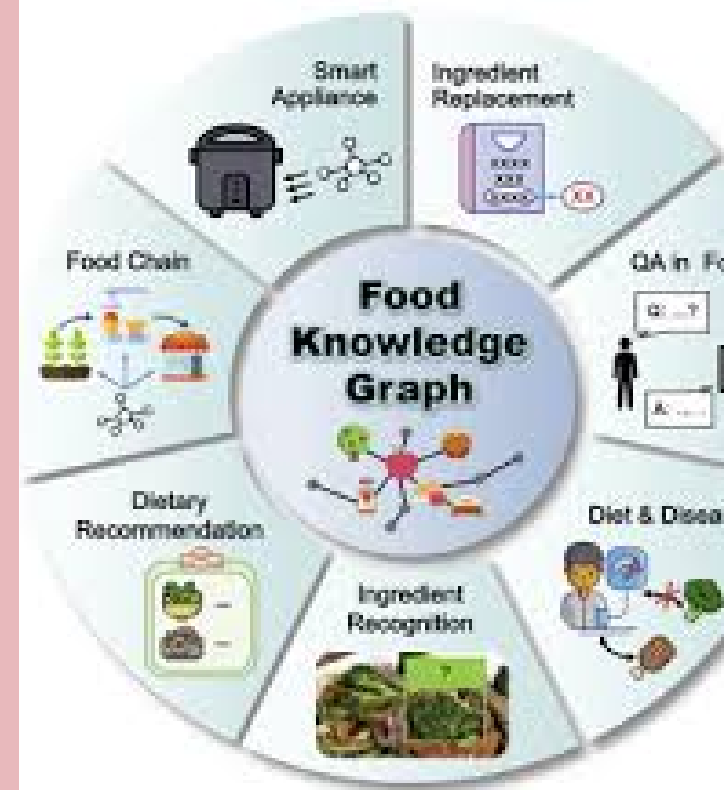
Choose whole grains
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Your Not all grains are the same. At least half of your daily grain servings should be whole grains. Enjoy whole-wheat pasta and bread, brown rice, barley, oatmeal, shredded wheat cereal, or popcorn. Eat fewer refined grains like white rice and foods made from white wheat, such as pastries, pasta, or bread.

Choose healthier proteins

Eat more lentils, beans, poultry, fish, and nuts. Try to have fish at least twice a week. When eating poultry, choose lean options and remove the skin. Eat red meat less often and in smaller portions. Replace meats with healthy plant proteins like beans or tofu. Enjoy a small handful of nuts as a snack.

Food Knowledge Graph — Smart Appliance, Ingredient Replacement, QA in Food, Diet & Disease, Ingredient Recognition, Dietary Recommendation, Food Chain

Switch to low-fat or fat-free dairy

Low-fat and fat-free dairy products have the same nutrients as full-fat dairy products but with fewer calories and less unhealthy fat. Try low-fat yogurt with fresh fruit for breakfast.

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Eat Smarter

Cook with healthy oils, herbs and spices
Choose olive, canola or avocado oils. Try baking, broiling or grilling in place of frying. Use herbs and spices instead of salt.

Eat more home-cooked meals

Whether you pack a lunch or eat dinner at home, you will save money and eat healthier. Restaurant and fast foods often come in large portions and are high in unhealthy fats, salt and sugar.

Feed your cravings wisely

If you're in the mood for a crunchy snack, try nuts and seeds, veggies and hummus, or homemade popcorn. If you feel like eating something sweet, grab an orange, berries, dried fruit, or unsweetened applesauce.
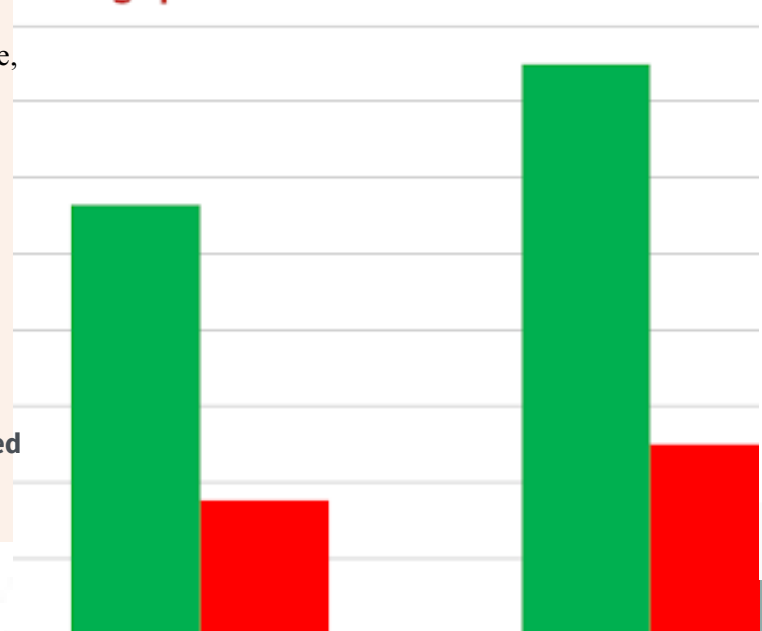
Do not skip meals

Eat throughout the day so you do not get too hungry. Try having three meals a day, or five smaller meals.

Price gap between more and less health

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VITAMINS AND MINERALS IN YOUR FOOD

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Vegetables and legumes/beans

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Milk, yoghurt, cheese alternatives, mostly re

Use small amounts

Only sometimes and in sma

Drink more water
Stay hydrated with water instead of sugary drinks and alcohol. Keep a reusable water bottle with you for water on the go

Watch for Fat, Salt and Sugar
Most processed foods are high in unhealthy fats (saturated and trans fats), salt (sodium) and added sugars. Cut back on these foods. When you do eat processed foods, choose smaller amounts.