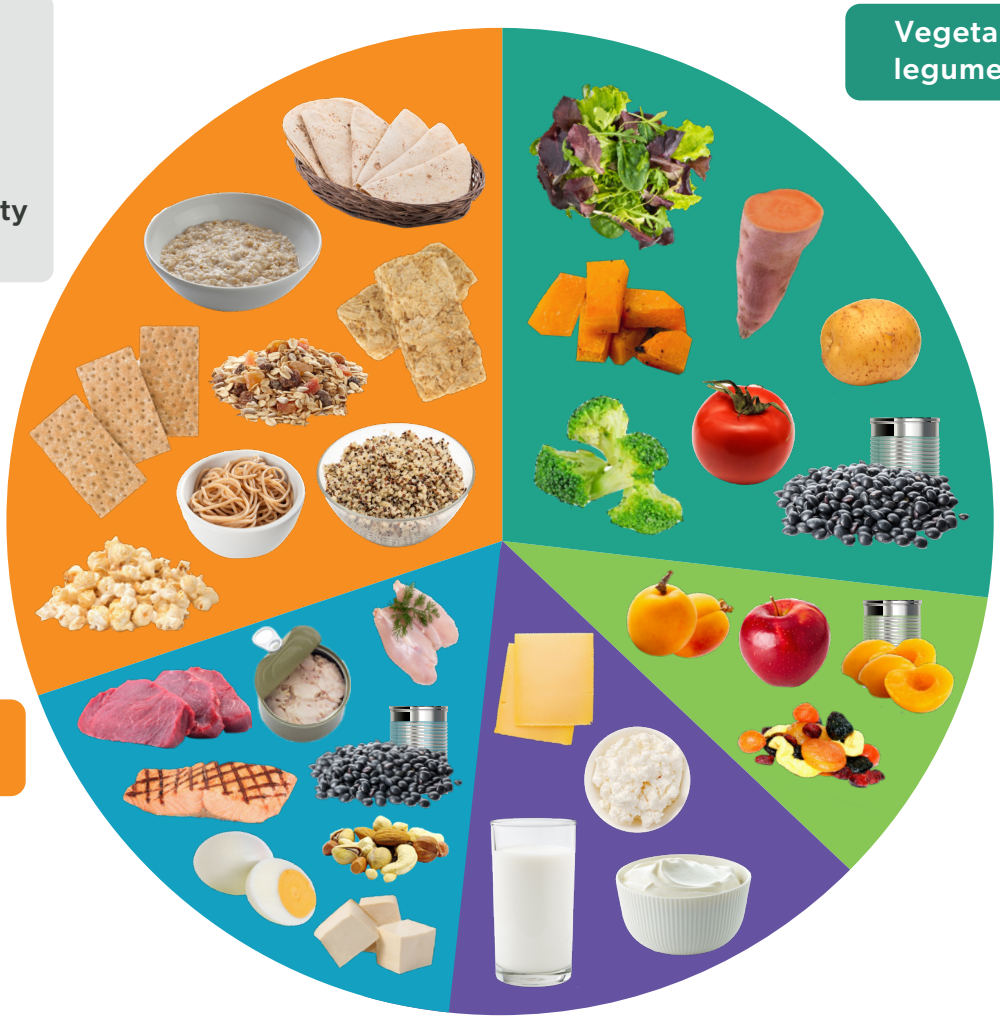
Five food groups

The Australian Dietary Guidelines recommend everyone should aim to eat a variety of foods from the five food groups each day. This will give your body the energy and the different essential nutrients it needs to function, like vitamins and minerals.

Drink plenty of water

Vegetables and legumes/beans



Grains (cereals)

Fruit

Use in small amounts

Lean meat and alternatives

Milk, yoghurt and cheese and/or alternatives

Only sometimes and in small amounts

Have you noticed some of the food groups are bigger than others?

This is because we need more nutrients from some food groups compared to others. Grains (cereals) and vegetables and legumes/beans are the biggest food groups, so we should aim to eat foods from these groups the most.