## www.eatfirhealth.gov.au

rozen

Chickpeas

**Red lentils** 

tee fat nicotta

skim

milk

powder

regetables



Grain (cereal) foods,

mostly wholegrain and/or high cereal

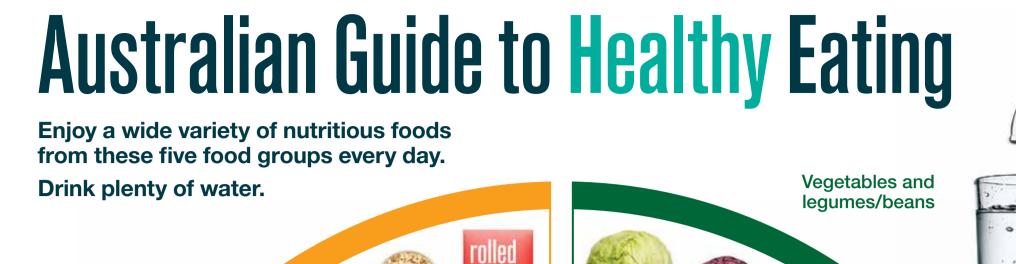
fibre varieties

Australian Government

 Australian Government

 National Health and Medical Research Council

 Department of Health and Ageing



oats

COUSCOUS

Wheat flakes

Red kidney beans

Lentils

tofu

Mixed nuts

Chickpeas

Red kidney

beans

low fa

milk

ow fat

UHT mill

ow fal milk

SOV

drink

Muesli

hakkien

nodales

Polenta

Fettuccine

Quinoa

Penne

Drown rice

white rice

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

Lean meats and

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Fruit

## Use small amounts



## Only sometimes and in small amounts

