

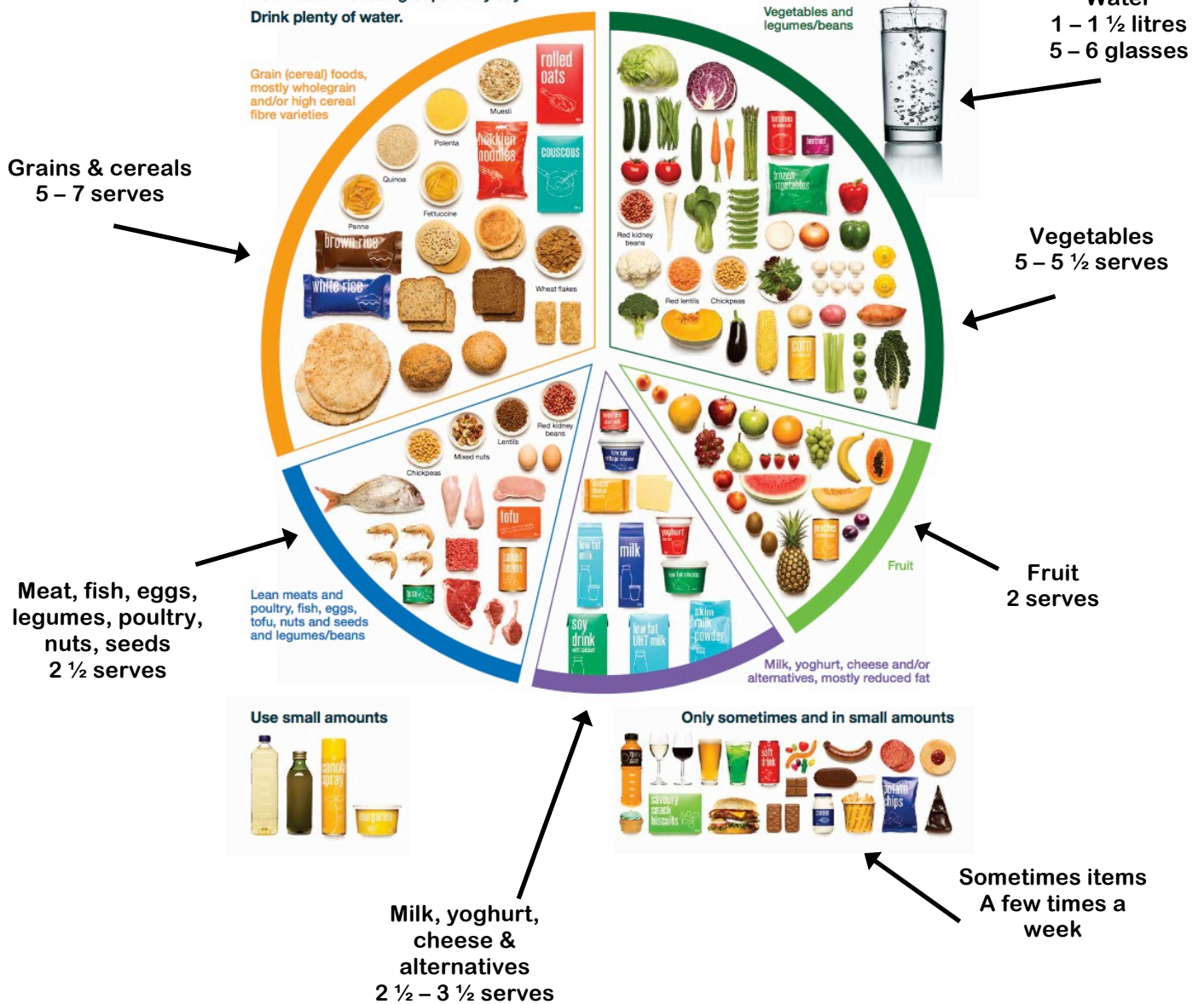
Daily serves of the main food groups for children 10–17 years

Based on the Australian Dietary Guidelines



Australian Guide to Healthy Eating

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



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