THE FIVE FOOD GROUPS
Eating a variety of nutritious foods from each of the five food groups contributes to a balanced diet and provides a range of health benefits.

THE MILK, YOGHURT, CHEESE AND/OR ALTERNATIVES (MOSTLY REDUCED-FAT) FOOD GROUP
Includes nutrients such as

- **CALCIUM**
  Necessary for normal teeth and bone structure

- **PROTEIN**
  Contributes to muscle growth

- **IODINE**
  Contributes to normal cognitive function

THE LEAN MEATS AND POULTRY, FISH, EGGS, TOFU, NUTS AND SEEDS AND LEGUMES/BEANS FOOD GROUP
Includes nutrients such as

- **PROTEIN**
  Necessary for tissue building and repair

- **IRON**
  Contributes to normal energy production

- **OMEGA-3 FATTY ACIDS**
  Contributes to heart health

THE GRAIN (CEREAL) FOODS, MOSTLY WHOLEGRAIN AND/OR HIGH CEREAL FIBRE VARIETIES FOOD GROUP
Includes nutrients such as

- **VITAMIN E**
  Contributes to cell protection from free radical damage

- **B VITAMINS**
  Contributes to normal energy metabolism

- **ZINC**
  Necessary for normal immune system function

THE VEGETABLES AND LEGUMES/BEANS FOOD GROUP
Includes nutrients such as

- **VITAMIN C**
  Contributes to the reduction of tiredness and fatigue

- **FOLATE**
  Necessary for normal blood formation

- **DIETARY FIBRE**
  Contributes to regular laxation

THE FRUIT FOOD GROUP
Includes nutrients such as

- **MAGNESIUM**
  Necessary for normal muscle function

- **VITAMIN C**
  Contributes to normal immune system function

- **PHYTOCHEMICALS**
  Thought to protect against some cancers

REDUCING HEALTH RISKS WITH A BALANCED DIET
Consuming a wide variety of nutritious foods from all five food groups reduces the risk of diet-related chronic diseases such as:

- **TOOTH DECAY**
- **TYPE 2 DIABETES**
- **HYPERTENSION**
- **HEART DISEASE**
- **OSTEOPOROSIS**
- **OVERWEIGHT**
- **REDUCES THE RISK OF**
- **SOME CANCERS**
- **HIGH CHOLESTEROL**
- **STROKE**
- **OBESITY**

To find out more go to foodsthatdogood.com.au