

Sunraysia's healthy eating tips



Questions

How many portions of fruits or vegetables do you eat per day?

How often do you eat high fat foods?

How often do you eat dairy foods?

How many times a week do you eat fast food?

How often do you eat high fibre foods?

How many times a week do you eat fatty or sugary snacks?

How many units of alcohol do you drink in a typical week?

How often do you eat oily fish?

How often do you eat breakfast?

How many sugary soft drinks do you have a day?

How many glasses or cups of fluid do you drink every day?

Do you add salt to your food?

Tips

Aim for 5 portions a day. Pure fruit juice counts so have a glass with breakfast

High fat foods are high in calories. Aim to eat these only occasionally, especially if you are overweight.

Dairy foods are important for calcium. Choose low fat varieties and eat daily.

Fast food is often high in fat and calories. Try to keep as an occasional treat or choose healthier options.

Fibre is important for bowel health. Choose three portions a day of wholegrain foods.

These foods are fine as a treat but they are often high in fat and calories. Choose small portions or healthier options.

Alcohol is high in calories and stimulates appetite. Stick to 1-3 drinks a day, or less if you are trying to lose weight.

Oily fish are rich in vitamin D and omega-3s. Aim for one or two portions a week.

People who eat breakfast daily tend to be slimmer and have better diets. Choose a healthy options such as a high fibre breakfast cereal and a glass of pure juice.

Too many sugary drinks can cause weight gain and dental erosion. Aim for once a day or less.

It's important to drink around 8 glasses of fluid a day for optimal hydration. Water, juice, tea, coffee and milk all count. Remember though, alcohol is dehydrating.

High salt diets can push up blood pressure – a risk factor for heart disease. Try not to add salt at the table and eat fewer salty foods.