

What does my body need

A balanced diet is the key to ensuring good health & maintaining energy levels.

The Australian Dietary Guidelines recommend the types and amounts of food we should consume each day for a nutritious balanced diet. These can differ by age, gender, and life stage.

We should eat food from each of the five food groups every day to ensure we get the energy and nutrients that we need:

- Vegetables.
- Fruit.
- Grain (cereals) foods (mostly wholegrain).
- Milk, yoghurt, cheese and/or alternatives.
- Lean meat and poultry, fish, eggs and/or alternatives.

If we eat a balanced diet, we give ourselves the best chance of consuming wholegrain carbohydrates and good quality sources of iron and B group vitamins – all nutrients we know are essential to providing our bodies with sustained energy to be active and learn.

Staying hydrated is also key – don't forget your water bottle!

Easy breakfast ideas:

- Natural muesli with yoghurt & fresh or tinned fruit.
- Brekkie burrito
- Wholegrain toast with avocado & tomato.
- Wholegrain toast with cheese & tomato.
- Wholegrain toast with boiled eggs.
- Quick oats with tinned fruit.
- Smoothie made with milk, yoghurt, berries, banana & honey.

Easy lunch ideas:

- Wholegrain wraps or sandwiches with lean protein & salad.
- Soup & a wholegrain bread roll.
- Pasta salad.
- Sushi (avoid fried ingredients).
- Dinner leftovers.

