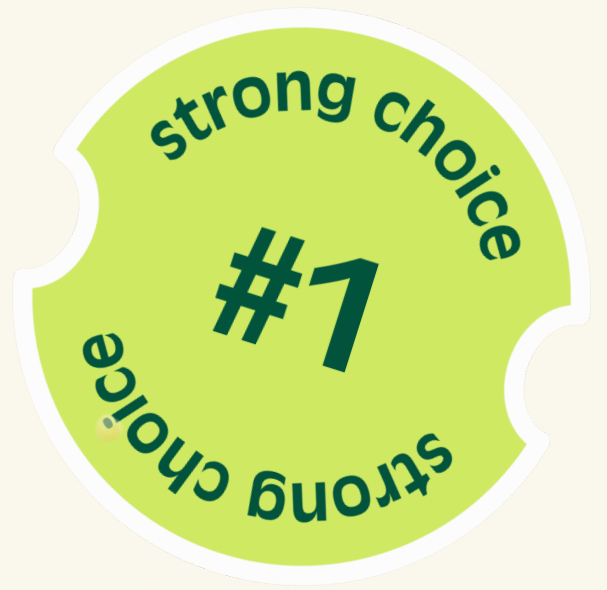
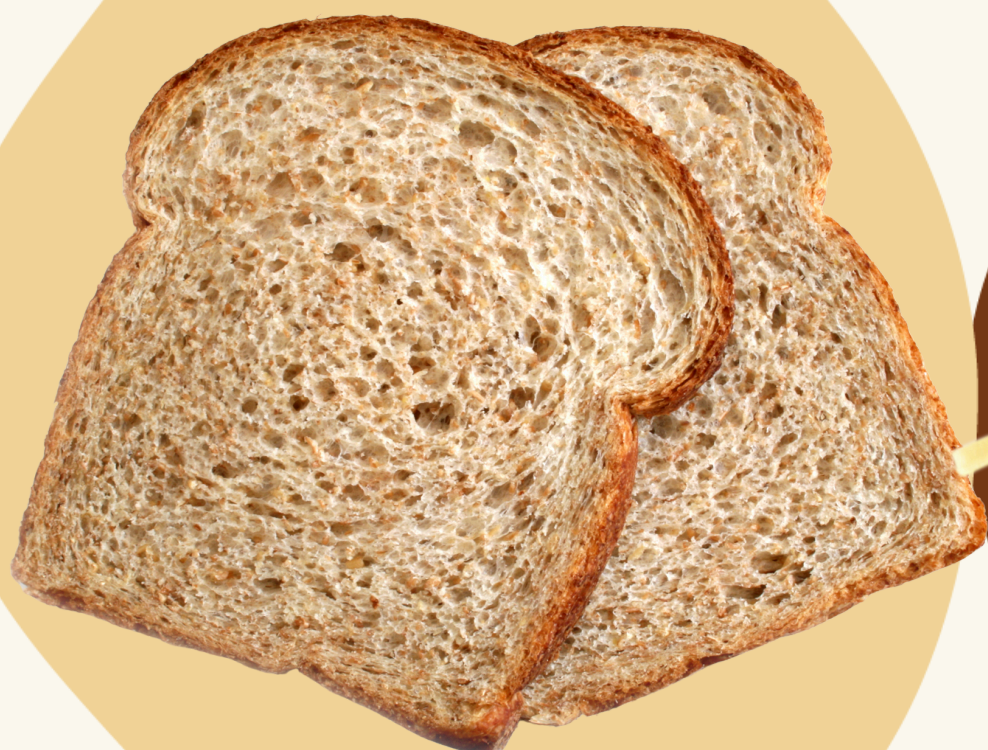


# GRAINS



**Packed with FIBRE  
for healthy  
digestion!**

**Try wholegrains such as bread, rice,  
pasta, quinoa and many more!**



**DID YOU KNOW?**

**DAIRY**

**is loaded with  
CALCIUM to build  
strong bones!**



# LEAN MEATS AND MEAT ALTERNATIVES

Full of PROTEIN for:

Strong  
muscles

Quicker  
repair  
after  
exercise

Feeling  
full



freshhhh

# FRUITS & VEGETABLES

## Eat the RAINBOW for a variety of nutrients!



Fresh, frozen, dried or canned are  
all great options!

**AT LEAST 5 A DAY!**

# FUELLING MY BODY & BRAIN

Gold



Healthy fats support  
brain health

Carbohydrates provide  
energy for our brain and  
muscles

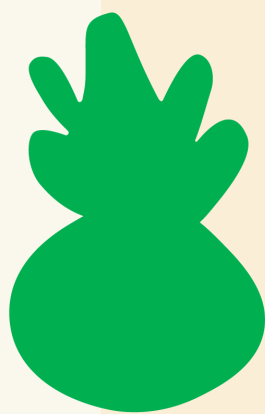


Protein supports muscle  
repair and feeling full

Vitamins and minerals  
nourish our bodies



# MINDFUL EATING



## Experience the food using all five senses.

Look, touch, smell, kiss and taste the food item. This is an opportunity to notice and appreciate the different properties of the food.



## Recognise your physical hunger and fullness cues.

Tune into your hunger cues as you are eating so you know what the right amount is for your body at that time.



## Consider your physical environment.

Sit down, take your time and use eating as an opportunity to connect and socialise with others, celebrate milestones and create memories.



### Hunger and Fullness scale

The ideal zone is within the central green rectangle

1	2	3	4	5	6	7	8	9	10
Starving, feel weak/dizzy	Very hungry, irritable, all food looks good	Hungry, stomach starting to growl	Slightly hungry	Neutral, neither hungry nor full	Starting to get full	Full, feel satisfied	Very full, slightly uncomfortable	Stuffed and uncomfortable	So full you feel sick