



HUNTING FOR HEALTHY FOOD ACTIVITY



Australian Government
National Health and Medical Research Council
Department of Health

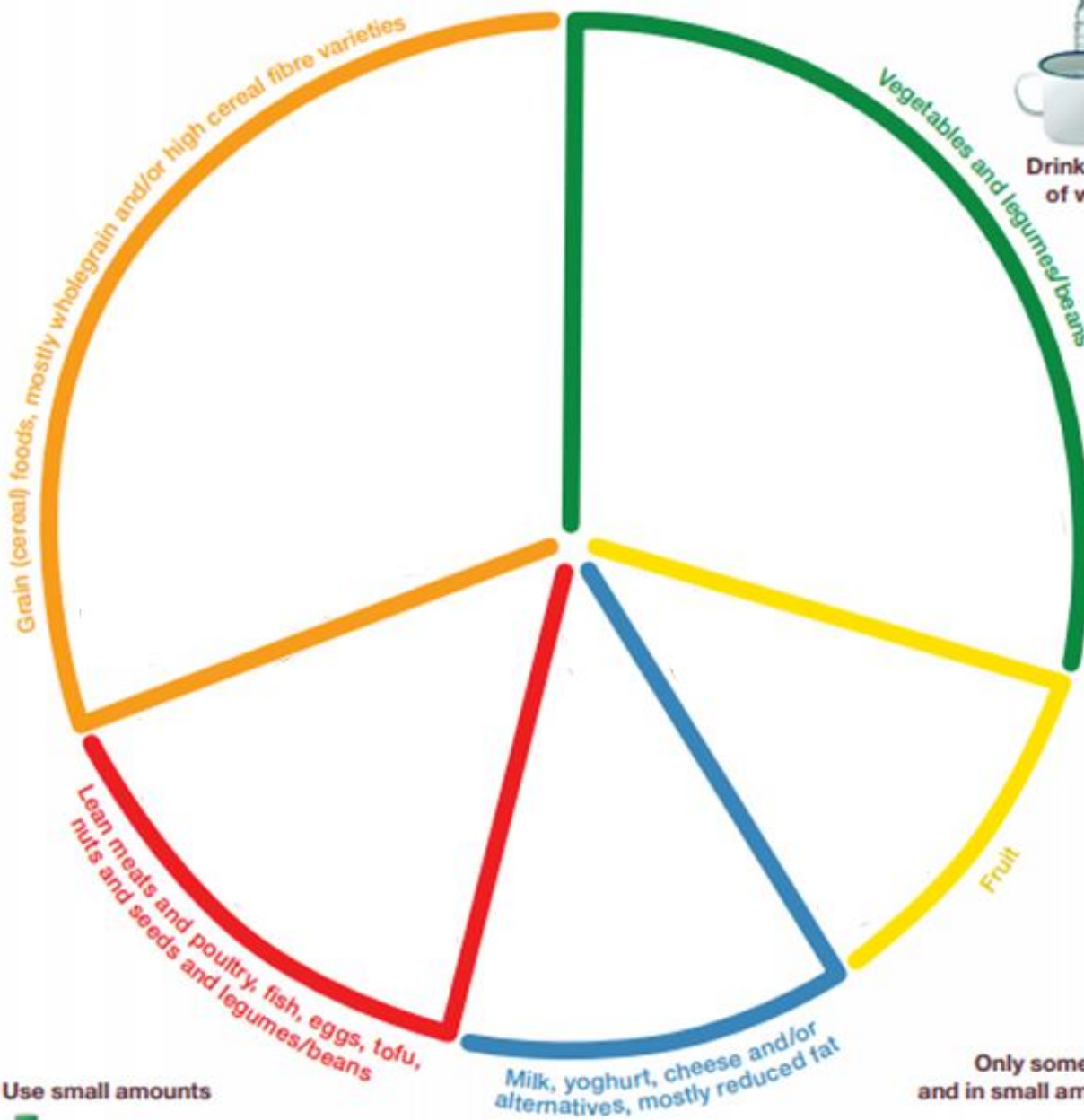
www.eatforhealth.gov.au

Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types
of foods from the five
food groups every day.



Drink plenty
of water.



Use small amounts



Only sometimes
and in small amounts

