HUNTING FOR HEALTHY FOOD
ACTIVITY

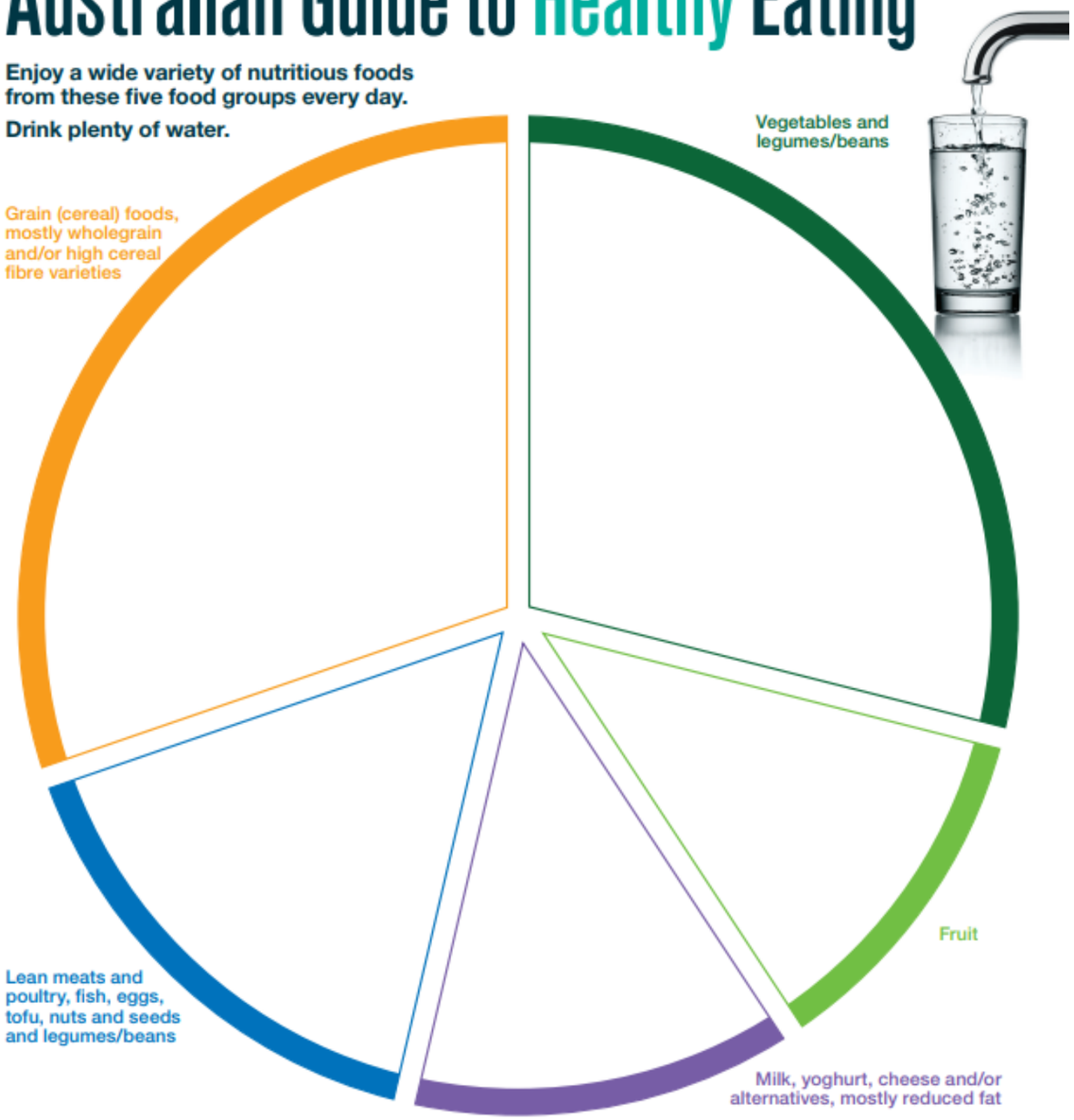
Australian Government
National Health and Medical Research Council
Department of Health and Ageing

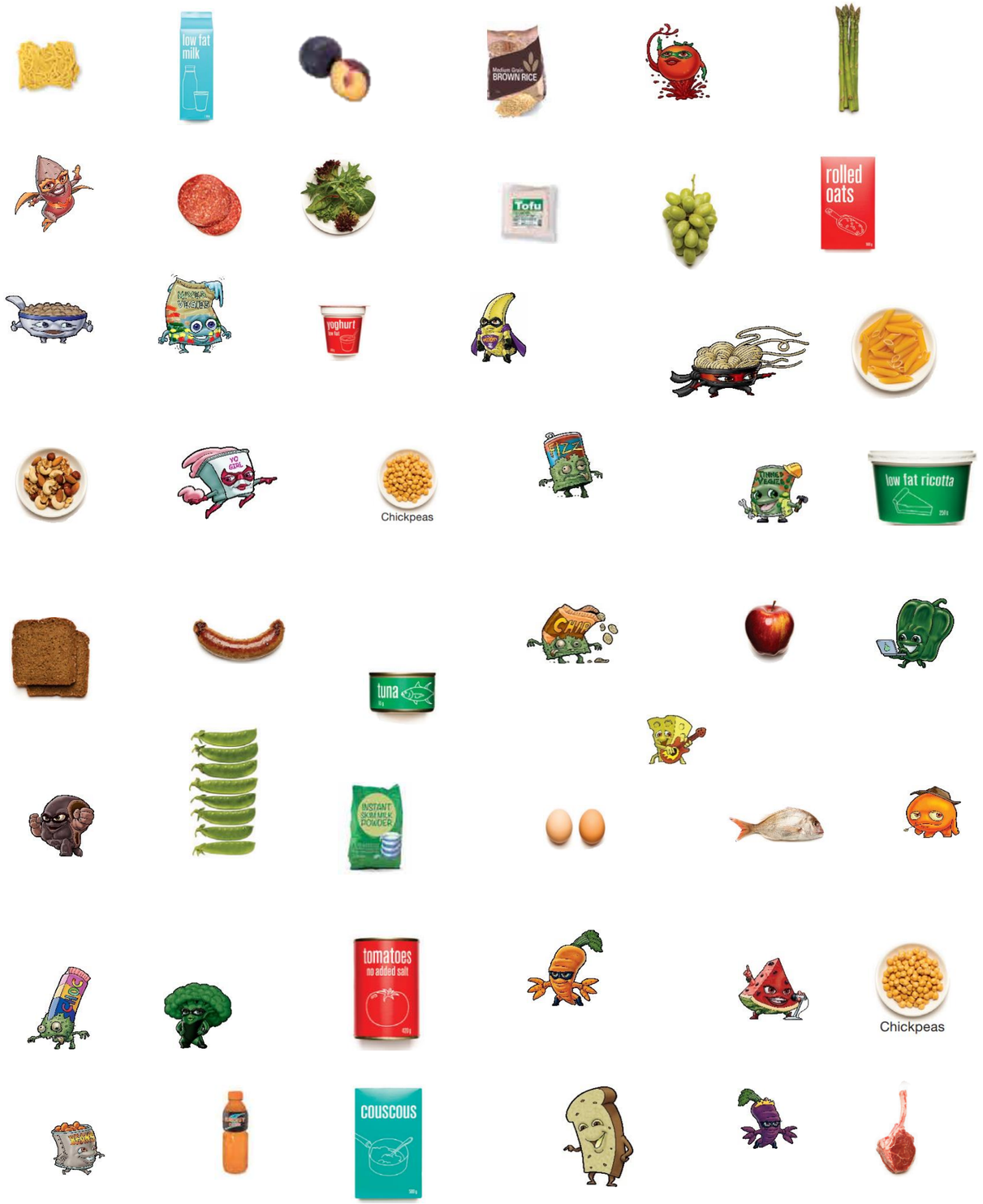
www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Use small amounts

Only sometimes and in small amounts