

Good food **FOR FAMILY**

A healthy plate includes a mix of **Go, Glow** and **Grow foods** to keep our bodies strong and feeling good.

Here's how to build a healthy plate:

Go

$\frac{1}{4}$ plate

GO foods like rice, root veg, breads, cereals and grains give you energy to work and play! They're great for keeping active, but too much can slow us down.

Keep rice and other GO foods to a small serve – about the size of your fist. Choose wholegrain options and long grain rice for healthy blood sugars.

GROW

$\frac{1}{4}$ plate

Fish and seafood, eggs, nuts, beans, meat and dairy are all **GROW foods**!

GROW foods help build muscles, bones, and teeth. They're important for growing kids and keeping strong. Choose fresh, lean meats.

**LET'S EAT
HEALTHY
TOGETHER**



Water is the best drink – always will be.

$\frac{1}{2}$ plate

Glow

Fill your plate with colourful fruit, veggies, bush and garden foods.

These **GLOW foods** are full of fibre, vitamins, minerals and antioxidants that help keep your body strong against sickness. Eat lots of different colours!



Healthy plates for kids and elders look a little different – they need equal parts of **Go, Glow**, and **Grow** foods.

This helps kids grow up strong and helps Elders stay well and full of energy.