

Food group	Eat more of	Eat less of
Vegetables	<p>All vegetables: boiled, steamed, microwaved, stir-fried, oven baked, in stews or casseroles</p> <p>Canned or frozen vegetables Salads Vegetable soups</p>	<p>Fried vegetables e.g. hot chips, tempura Better choice would be baked potato</p> <p>Salty vegetable snacks e.g. packet chips, microwave popcorn Better choice would be home-popped popcorn or packets of pre-popped popcorn</p>
Meat and Protein	<p>Home-cooked, lean meat such as beef, lamb, chicken, turkey, fish Best cooking methods include grilling, baking, BBQ, stewing and casseroles, stir-fried with a small amount of oil</p> <p>Tinned tuna or salmon</p> <p>Reduced fat deli meats e.g. 97% fat free ham, chicken, turkey, roast beef, silverside</p> <p>Eggs – boiled, poached, scrambled, used in omelettes</p> <p>Beans & Legumes e.g. baked beans, chickpeas, lentils, split peas Tofu</p>	<p>Fried, deep-fried, battered or crumbed meats.</p> <p>Processed meats such as sausages, bacon, salami, devon, mortadella, smoked salmon.</p> <p>Frozen processed meat products e.g. meat pies, sausage rolls, chicken nuggets</p> <p>Limit fried eggs: these can be cooked using a spray of oil in a non-stick pan</p>
Fruit	<p>All fruits: fresh, cooked, canned, dried or frozen</p>	<p>Fruit juice – this is very high in energy and can contribute to weight gain Packaged fruit snacks e.g fruit bars or roll ups</p>
Dairy products	<p>Reduced fat dairy e.g. milk, yoghurt, custard, cheese</p>	<p>Cream & sour cream Ice creams Processed cheese spreads</p>
Breads, cereals, and grains	<p>Wholegrain or wholemeal bread/rolls High fibre breakfast cereals e.g. Weetbix, rolled oats, untoasted muesli, Raisin toast/fruit loaf Wholegrain/wholemeal English muffins</p>	<p>White bread High sugar breakfast cereals Muffins and cakes Croissants and pastries</p>

	Pasta, rice, couscous, noodles, polenta, quinoa, other grains: portion should be ¼ of the dinner plate	Pies 2 minute noodles
Spreads, sauces, flavourings	Margarine Olive oil spread Tomato-based sauces, salsa Gravy made with water Salad dressings made with small amounts of olive oil Lemon or lime juice Vinegar Herbs and spices	Butter Ghee or copha Cream-based sauces or dressings Mayonnaise & tartare sauce
Snacks	Pretzels Popcorn Grain waves (small packet) Wholegrain crackers e.g. Vitaweets, Ryvita, wholegrain rice crackers Plain sweet biscuits e.g. Arrowroot Nuts (1 handful) Also fruit, reduced fat dairy, vegetable-based snacks	Chips, twisties, corn chips High fat biscuits 2 minute noodles and other noodle snacks Processed pasta or rice snacks e.g. Easy Mac
Take away	Wraps Soups Grilled fish and salad Steamed rice or noodles with stir fry or braised meat and vegetables	Take away meals such as pizza, KFC, McDonalds, Burger King, Hungry Jacks Battered fish and chips Fried rice Creamy curries Deep-fried dishes e.g. honey chicken, sweet and sour pork
Drinks/Beverages	Water Reduced fat milk (Occasionally) Diet cordial or diet soft drink Sparkling water/plain mineral water	Juice Soft drink Cordials Better choice would be flavoured waters