



# Healthy eating

A healthy diet supports a healthy body and mind. It is filled with a wide range of foods from the five food groups, including:

1. Vegetables and legumes
2. Fruit
3. Grains and cereals
4. Lean meat and poultry, fish, eggs, tofu, nuts and seeds
5. Dairy products and alternatives

Further to consuming foods within these five groups, we may also choose to eat foods for enjoyment or social reasons on occasion too. A healthy diet will look different for everyone, but the basic structure will be similar.



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## The healthy plate model

A practical way to help you achieve this is by adopting the healthy plate model. In this model, half of the plate is made up of vegetables, which can be raw, cooked, fresh or frozen; one quarter of the plate is made up of protein-rich foods, which can be animal based (fish, chicken, beef, pork, lamb, eggs etc.) or plant based foods (lentils, chickpeas, beans, tofu, tempeh); the last quarter of the plate is made up of carbohydrate-rich foods (rice, pasta, bread, potato etc.), and then a small amount of healthy fats (extra virgin olive oil, avocado, nuts or seeds). This model can be applied to the meals we cook at home - for example, a beef stir-fry with lots of veggies and rice, or adding a salad or veggies if we order takeaway such as pizza or a pasta dish.

Our body requires a range of nutrients to function optimally. Through the consumption of a wide range of foods from the food groups, we can increase the chance that our body is getting all the vitamins and minerals it needs to support good health and optimal wellness, as well as prevent against future lifestyle related diseases. Having variety in the foods we eat not only ensures that we are able to meet our body's needs for different nutrients, but also means that our meals are more interesting and we don't get bored of the food we are eating.

