

Aboriginal and Torres Strait Islander guide to healthy eating

(2005)

Type: Poster

Description:

The *Aboriginal and Torres Strait Islander guide to healthy eating* poster has been adapted from the *Australian guide to healthy eating*. It shows, in pictures, the five food groups and the recommended proportions of each food group that should be eaten every day for good health. This version of the guide includes examples of some traditional Indigenous foods, such as kangaroo meat and damper.

When to use this resource:

This poster can be used to raise people's awareness of the five food groups and the Australian dietary guidelines. It could be displayed in a community area or at community events, workshops or talks on healthy lifestyles and healthy eating. The guide is also a useful tool for generating discussions about healthy eating.

Producer:

Northern Territory Government, Department of Health and Community Services, Darwin

To order copies of this resource

This resource is available in hardcopy only for people working in the Northern Territory.

To order copies of this resource:

Nutrition and Physical Activity Program

Northern Territory Government Department of Health

Ph: (08) 8999 2400

If you are not from the NT you can download copies of the resource from <http://digitallibrary.health.nt.gov.au/dspace/bitstream/10137/438/2/ATSIGTHE%20poster%2009%20A3.pdf>

View website:

Northern Territory Government, Department of Health and Community Services

<http://www.health.nt.gov.au/>

