

Food for health: dietary guidelines for Australians (2005)

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Type: Booklet

Description:

This booklet discusses the groups of foods and lifestyle patterns that are recommended by experts to promote good nutrition and health. It includes information on each stage of a person's life when dietary needs are different. Each section starts with a statement about what individuals should do to promote good nutrition and health and then includes helpful tips and the dietary guidelines to achieve this. The booklet is clearly set out with diagrams, photos and tables so that the information can be easily understood.

When to use this resource:

The guidelines are relevant in the promotion of healthy eating and leading a physically active lifestyle. The booklet can provide useful background information for someone learning about this topic. It can also be used by people in the community who want to learn more about how to be healthy.

This is not an Indigenous specific resource.

Producer:

National Health and Medical Research Council,
Department of Health and Ageing, Canberra

To order copies of this resource

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