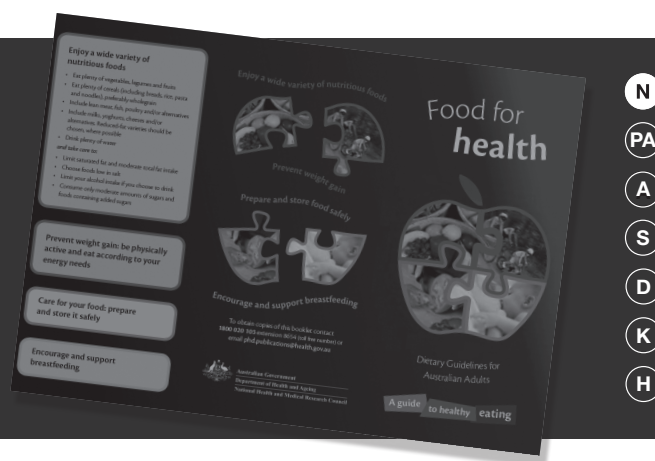


Food for health: dietary guidelines for Australian adults (2003)



Type: Brochure

Description:

This brochure discusses the groups of foods and lifestyle patterns that promote good nutrition and health.

It contains the key messages from the 2003 *Dietary guidelines for Australian adults* report, and also includes the *Australian guide to healthy eating* (a guide for daily food choices), recommended numbers of serves, and descriptions of serving sizes.

When to use this resource:

This brochure is designed to be a easy reference for consumers. It can provide useful background information for someone learning about this topic. It can also be used by consumers 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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