Variety Is the Spice of Life!

The best way to eat well is to enjoy a variety of foods from each of the five food groups every day. Different foods give you different nutrients. By eating a variety of foods, you will get everything you need. The five food groups are:

* lean meats and poultry, fish, eggs, nuts and seeds, and legumes (like chickpeas, baked beans, or lentils)
* milk, yoghurt, cheese and alternatives
* vegetables, including different types and colours
* fruit – fresh, tinned or dried fruit
* grain foods, like bread, cereals, rice, pasta, and oats – choose mostly wholegrain varieties.

Which of these food groups do you struggle to eat enough of? Many older Australians don’t eat enough milk, yoghurt or cheese. Older women should try to have four serves of dairy foods per day. Older men should have three and a half serves per day. One serve of dairy is:

* a glass of milk (250 millilitres)
* a small tub of yoghurt (200 grams)
* 40 grams of cheese (about the size of a matchbox).

Small changes can make a big difference to your health. So think about how you could increase the variety in the foods you eat. Variety really is the spice of life!

*Updated September 2017*