

a fresh start.

You might already enjoy a wide variety of foods, whether they're prepared by you, your family, caregivers or others in your household.

Start by looking at what you usually eat over the day/week and ask yourself:



- Am I eating regular meals and snacks consistently throughout the day?
- Have I included enough nutritious foods across my day?
- What can I add to my current meals to so they're setting me up for success?

Fresh tips

- Aim and make time for 3 meals and 2-3 snacks per day
- Aim to include nutritious foods from all **five food groups** and the recommended number of servings for teens, as shown on the next page



Five Food Groups	Boys		Girls	
	12-13yrs	14-18yrs	12-13yrs	14-18yrs
 Vegetables & legumes and/or beans	5.5	5.5	5	5
 Fruit	2	2	2	2
 Grain (cereal) foods	6	7	5	7
 Lean meat and poultry, fish, eggs, nuts and seeds	2.5	2.5	2.5	2.5
 Milk, yoghurt, cheese and/or alternatives	3.5	3.5	3.5	3.5

Easy meal upgrades

- Boost your breakfast by adding fruit and nuts or seeds to cereal, oats or yoghurt
- Add veggies such as baby spinach, tomato, capsicum, mushrooms to eggs, wraps and sandwiches
- Swap to wholegrain breads and cereals high in fibre
- Add protein such as egg, tuna, chicken or chickpeas/beans to salads

