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toachieveandmaintainahealthyweight be physically active and choose amounts of nutritious food and drinks to meet your

energy needs older people should eat nutritious foods and keep physically active to help maintain muscle strength

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maintain a healthy weight using more fruits and vegetables along with whole grains and lean meats nuts and beans is a safe

and healthy one helping control your weight is not the only benefit of eating more fruits and vegetables

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web the guidelines the australian dietary guidelines the guidelines provide up to date advice about the amount and kinds of foods that we need to eat for health and wellbeing the recommendations are based on scientific evidence developed after looking at good quality research

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web jan 13 2017 the hpb also has a handy guideline on recommended serving sizes per food group 5 7 servings per day of brown rice and wholemeal bread 2 servings of fruit 2 servings of vegetables 2 3 servings of meat and or

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web the 5 food groups to stay healthy you should drink plenty of water and eat a wide variety of nutritious foods from the 5 food groups every day this includes vegetables and legumes or beans at least 5 serves a day grain cereal foods mostly wholegrain and high fibre varieties 4 to 6 serves a day fruit 2 serves a day

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web organisations like the world health organisation who and national health and medical research council of australia
nhmrc this framework diagram 1 consists of a continuum of 8 levels 0 7 to describe food textures and drink thickness the
iddsi framework was launched in 2015 and to date 29 countries have endorsed and
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to keep your body at optimum health a healthy diet can help you reach and maintain proper weight reduce your risk of
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