Nutrition Australia has updated The Healthy Eating Pyramid. It is a simple visual guide to the types and proportion of foods that we should eat every day for good health.

It contains the five core food groups, plus healthy fats, according to how much they contribute to a balanced diet based on the Australian Dietary Guidelines (2013).

The Healthy Eating Pyramid encourages Australians to enjoy a variety of foods from every food group, every day.

Visit www.nutritionaustralia.org for more information about the Pyramid and healthy eating.