

# Food selection models and other tools to promote healthy eating among youth

## Food selection models

To assist Australian consumers, including youth, to consume a balanced diet and reduce the risk of short- and long-term consequences associated with nutritional imbalance, a number of food-selection models and tools have been produced by both government and non-government agencies.

- Food-selection models are tools that help youth to select foods that will meet their nutritional needs and to avoid consuming too many energy-dense foods.
- Examples include the Australian Guide to Healthy Eating, the Health Star Rating System and the Healthy Eating Pyramid.



## Australian Guide to Healthy Eating

The Australian Guide to Healthy Eating is a federal government initiative that provides nutrition advice with the aim of reducing the short- and long-term consequences associated with nutritional imbalance.

- The Australian Guide to Healthy Eating is a food selection model that provides a visual representation based upon the Australian Dietary Guidelines showing the five food groups recommended for consumption each day.

The main section of the Australian Guide to Healthy Eating is a pie chart that shows the proportions of foods that should be consumed from each of the five food groups:

↳ vegetables, fruit, grain, lean meats (or alternatives), and milk, yoghurt and cheese products.

Grain foods such as bread, cereal, rice and pasta should account for around 30-35 per cent of total daily food intake.

- These foods are high in carbohydrates, which provide fuel for energy production, and high in fibre, which assists with weight management and maintains digestive health.

Vegetables and legumes/beans are the second biggest section and should account for around 30 per cent of daily food intake.

- These foods include fresh, frozen and tinned vegetables, legumes such as lentils and chickpeas, and beans such as kidney beans.
- These foods are high in nutrients such as fibre, protein and folate, which assist in promoting optimal health and wellbeing among youth.
- They are also high in fibre and low in energy, which can assist with weight management.



# Food For Today Chapter 34 Activity 4

**Rachel S Tattersall**



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