

# 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

**Huangqi Zhang**



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web das thema wird im alltag lieber totgeschwiegen weil es wie eine schwäche wirken könnte hochsensibilität im beruf wer besonders empfindlich ist steht schnell als sensibelchen in der ecke oder wird als weichei oder heulsuse geschmäht