

### The five main food groups, nutrients and examples of foods in each group

| <b>Food Group</b>                               | <b>Main Nutrients</b>  | <b>Examples</b>   |
|---|--|---|
| <b>Grains, cereals</b>                          | Carbohydrate<br>Protein<br>Iron<br>Dietary fibre<br>Thiamine<br>Folate<br>Iodine             | Breads<br>Crispbreads<br>Breakfast cereals<br>Grains e.g. rice, barley, corn, polenta, buckwheat, spelt, millet, sorghum, triticale, rye, quinoa, semolina<br>Other products - pasta, noodles, couscous, bulgur, popcorn, flour   |
| <b>Vegetables</b>                               | Beta-carotene and other carotenoids<br>Vitamin c<br>Folate<br>Dietary fibre                  | Dark green or cruciferous/brassica - broccoli, cabbages, kale<br>cauliflower, lettuce, silverbeet<br>Root/tubular/bulb - potato, sweet potato, taro, carrots, beetroot, onions<br>Legumes/beans - kidney / soy /lima/ cannellini beans, chickpeas, lentils, split peas, tofu<br>Other vegetables - tomato, celery, sprouts, zucchini, squash, avocado, capsicum, mushrooms                    |
| <b>Fruit</b>                                    | Vitamin C<br>Dietary fibre   | Pome fruits - apples and pears<br>Citrus -oranges, mandarins and grapefruit<br>Stone fruit - nectarines and plums<br>Tropical fruit - bananas, paw paw, mangoes, berries<br>Other fruits - grapes and passionfruit  |
| <b>Milk and milk products</b>                   | Calcium<br>Protein<br>Riboflavin<br>Vitamin B12  | Milk<br>Yoghurt<br>Cheese   |
| <b>Meat, poultry, fish, eggs, legumes, nuts</b> | Protein<br>Iron<br>Zinc<br>Vitamin B12 (animal foods only)<br>Long chain omega 3 fatty acids | Lean meats - Beef, lamb, veal, pork, kangaroo<br>Poultry - Chicken, turkey, duck, emu, goose<br>Fish and seafood - Fish, prawns, crab, lobster, mussels, oysters, scallops,<br>Eggs - Chicken duck eggs<br>Nuts and seeds - Almonds, walnut, macadamia, hazelnut, cashew, peanut, nut spreads, pumpkin seeds, sunflower seeds<br>Legumes/beans - beans, lentils, chickpeas, split peas, tofu. |