

Healthy Eating

For Strong Bodies and Minds



Eating good food helps our bodies stay strong and our minds stay healthy. It gives us energy, helps us fight sickness, and makes it easier to learn and feel good. In First Nations communities, eating traditional foods also keeps culture strong and connects us to Country and family.

Good Food for Deadly Living!
Eating good food helps keep your body and mind strong, so our mob stays strong too.

Eating Deadly Foods

Traditional foods like kangaroo, bush tomatoes, and native fruits are rich in nutrients and have been part of First Nations diets for thousands of years.

These foods are:

- ✓ A healthy choice
- ✓ High in protein
- ✓ High in vitamins and minerals
- ✓ Low in fat

These foods also strengthen cultural connections and identity.

Many traditional foods have a low environmental impact and are sustainably sourced, supporting both personal health and the health of the land.

Supporting local food programs and community gardens makes healthy food more available.

By working together, we can keep these programs strong and ensure access to traditional, nourishing foods.



Whole Foods Are Important



Brown Rice and Wholegrain Bread

These foods are full of fiber, which helps keep your digestive system healthy and gives you lasting energy. Unlike white rice and white bread, they are less processed and contain more vitamins and minerals.



Fresh or Frozen Vegetables

Vegetables are packed with vitamins and minerals that help your body stay strong and fight off sickness. They also help with good digestion and keep your skin, eyes, and bones healthy.

Affordable Healthy Foods

Eating healthy doesn't have to be expensive. Here are some low-cost options that are good for your health and easy to include in your daily meals.



Tinned Beans

Packed with protein and fiber, tinned beans are a great choice and can be used in soups, stews, salads, or as a side dish.



Frozen Vegetables

Frozen vegetables are just as nutritious as fresh ones and are often cheaper. They can be easily added to stir-fries, soups, or served as a side.



Eggs

Eggs are a low-cost source of protein and can be used in a variety of ways—boiled, scrambled, or in an omelette.



Nuts

Nuts are a great source of healthy fats and protein. A small handful of almonds, walnuts, or peanuts can help keep you full and energized.



Also, **drinking water** instead of sugary drinks like soft drinks or juice can save you money and is much better for your health. Water keeps you hydrated, supports digestion, and is great for your skin.