

Healthy Eating

Good nutrition is very important at all stages of life – in childhood it helps the body to grow and develop, and in adulthood it ensures good long-term health and quality of life.

But eating a healthy diet is difficult for many people and can be even more challenging for individuals with a disability.

The key to eating well is to enjoy a variety of foods from each of the five food groups that make up the central plate of the Australian Guide to Healthy Eating.



Eating these foods means you are most likely to get the right amount of nutrients and help protect the body from chronic disease.

Having a disability does not change the general goals for eating healthily, however some extra things may need to be considered. A dietitian can help with food ideas and meal plans that consider your health needs and your abilities.

There are many resources online that offer information and ideas around healthy eating including: healthy eating at all stages of life; more information about the five food groups and why they are important; tips for eating well; understanding food labels; and food safety.

The Australian Government's Eat for Health website is a handy resource.

To learn more visit www.eatforhealth.gov.au



Visit futurethinking.abilitycentre.com.au for more information.

