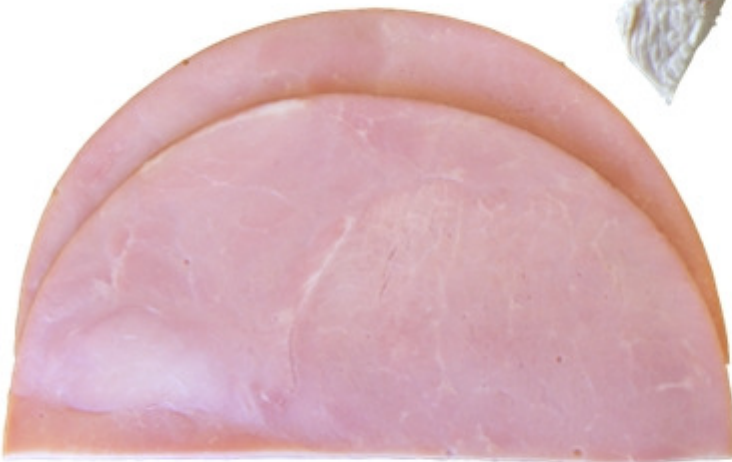
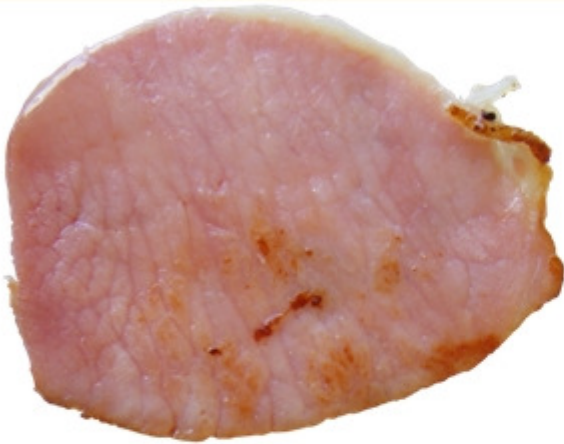


# Good Choices – (Pastes & herbs)



# Good Choices – meat (Protein)



Fat removed  
from corned  
beef



Chicken roll



# Good Choices – Fish – (Seafood)



# Good Choices – (Dairy)



# Good Choices – (Vegetables & fruit)



Fruit

# Poor choices



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions

### **Key skills:**

This resource could be used to support development of the following skills:

- Independently follow a recipe.

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated.

This version of the resource can only be obtained from the Chronic Disease website and is licensed and distributed using the Australia – Personal Licence -A0-6/2015

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