

**ACTIVITY**  
**1.11**

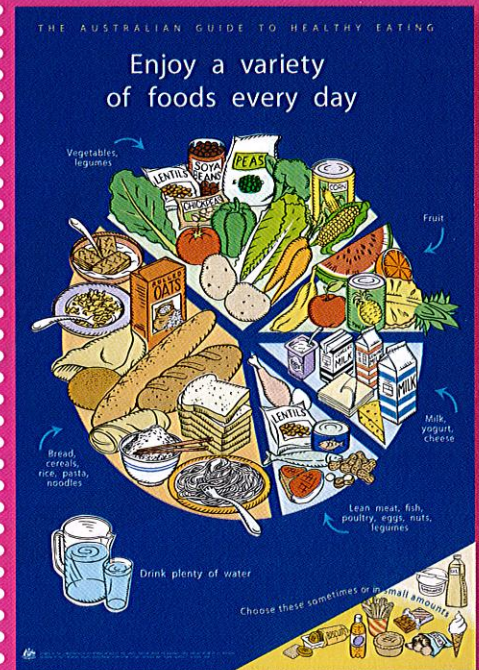
# Nutrients in the five food groups

**TABLE 1.6**

**NUTRIENTS IN THE FIVE FOOD GROUPS**

(COMMONWEALTH DEPARTMENT OF HEALTH AND FAMILY SERVICES).

Food group	Main distinguishing nutrients	Other significant dietary components
Bread, cereals, rice, pasta, noodles.	Carbohydrate, iron, thiamine.	Energy, protein, fat, fibre, magnesium, zinc, riboflavin, niacin equivalents, folate and sodium.
Vegetables, legumes.	Vitamin A (beta-carotene).	Carbohydrate, fibre, magnesium, iron, vitamin C, folate and potassium.
Fruit.	Vitamins, especially vitamin C.	Carbohydrate, fibre, and folate.
Milk, yoghurt, cheese.	Calcium, protein.	Energy, fat, cholesterol, carbohydrate, magnesium, zinc, riboflavin, vitamin B <sub>12</sub> , sodium and potassium.
Meat, fish, poultry, eggs, nuts, legumes.	Protein, iron, zinc.	Fat, cholesterol, niacin equivalents and vitamin B <sub>12</sub> .
Extra foods.	Sugars, fats.	None.



**Figure 1.15** The Australian Guide to Healthy Eating.

Use Table 1.6 and *The Australian Guide to Healthy Eating* to answer the questions below. If you do not have a copy it can be found at: [www.health.gov.au](http://www.health.gov.au)

1. Identify which food groups are a good source of vitamins.

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2. Identify those foods that provide little fibre for the diet.

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3. Identify the group of foods that has no use other than to supply energy.

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4. If you only ate fruit, identify which nutrients would be missing.

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