

What's on your plate?



Know your Portions

Choose a variety of different types and colours of vegetables and salads (3 serves).

Choose lean cuts of meat, trim visible fat and take skin off chicken (1 serve).

Choose low GI or wholegrain varieties (2 serves).

Good Food, Good Life...

As the world's leading nutrition, health and wellness company we aim to enhance lives by offering tastier and healthier choices at all stages of life and at any time of the day helping consumers care for themselves and their families.