

# Healthy Eating publications order form

*Note: A maximum of 20 kits only can be ordered. The components of each of these kits can be ordered separately – up to 100 copies of each per order.*

Please indicate quantities requested

**NUT8 The Australian Guide to Healthy Eating – Kit, it contains:**

- NUT6 Australian Guide to Healthy Eating - Consumer Booklet .....
- NUT4 Australian Guide to Healthy Eating - Brochure Summary .....
- NUT5 Australian Guide to Healthy Eating - Educators Manual .....
- NUT35 Australian Guide to Healthy Eating - A4 Poster .....
- NUT7 Australian Guide to Healthy Eating - A1 Poster .....

**FFH9 Food for Health Kit (in plastic), it contains:**

- FFH4 Food for Health - DL Brochure Dietary Guidelines for Children & Adolescents .....
- FFH1 Food for Health - A4 Consumer Booklet .....
- FFH2 Food for Health - A2 Poster .....
- FFH3 Food for Health - DL Brochure Dietary Guidelines for Adults .....

**The Physical Activity recommendations:**

- PHY 6 Australia's Physical Activity Recommendations for 5-12 year olds .....
- PHY 7 Australia's Physical Activity Recommendations for 12-18 year olds .....
- PHY 8 Poster - Australia's Physical Activity Recommendations for Children and Young People .....
- PHY 9 National Physical Activity Guidelines for Adults .....
- PHY10 Poster - National Physical Activity Guidelines for Adults .....

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