

Module 1 Lesson 3

https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55_agthe_large.pdf PDF of the Five Food Groups (regularly updated) for Module 1 Lesson 3

<https://bit.ly/2IG1gsm> - Nutrition and Cancer (Cancer Council Australia)

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<https://bit.ly/3pnERkn> 180 Nutrition link for protein powder (no commissions) for L3 M 1