

HEALTHY EATING FOR CHILDREN

Healthy eating is important for your child's health, growth and development. Children who eat healthily are less likely to develop chronic conditions such as heart disease, type 2 diabetes, obesity and some cancers. They will also feel better, look better and enjoy life more.

WHAT IS HEALTHY EATING?

To stay healthy and maintain a healthy weight, children need to be physically active and eat the right amount of nutrients to balance the energy they use.

The Australian Dietary Guidelines recommend children should enjoy a wide variety of foods from these 5 food groups:

- fruit
- vegetables, legumes and beans
- cereals (including breads, rice, pasta and noodles), preferably wholegrain
- lean meat, fish, poultry and/or alternatives
- milks, yoghurts, cheeses and/or alternatives
 - children under 2 should have full-fat milk, but older children and adolescents should be encouraged to have reduced-fat varieties

HOW MUCH FOOD DOES MY CHILD NEED EACH DAY?

4 - 8 YEARS:

1½ serves of fruit; 4½ serves of vegetables; 4 serves of grains; 1½ serves of meat/poultry; 1½ - 2 serves of dairy

9 - 11 YEARS:

2 serves of fruit; 5 serves of vegetables; 4 - 5 serves of grains; 2½ serves meat/poultry; 2½ - 3 serves of dairy

HOW TO ENCOURAGE HEALTHY EATING HABITS

Teaching your child how to eat healthily when they are young means they will be more likely to make their own healthy choices as they grow up.

TIPS

- Make mealtime family time, without any screens
- Make healthy foods fun by cutting fruit or sandwiches into interesting shapes
- Eat a healthy breakfast every day
- Try out new foods and show your children where food comes from
- Let them help you buy food from the shops
- Don't keep junk food in the house
- Keep a fruit bowl handy for a snack