



Healthy Eating for school aged children

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Healthy eating – WHY?

- Growth and development
- Maintain a healthy weight
- Prevent tooth decay
- Healthy immune system
- Regular bowels
- Prevention of nutritional deficiencies
- Alertness and interest in activities



Healthy eating – WHAT?



Australian Guide to Healthy Eating

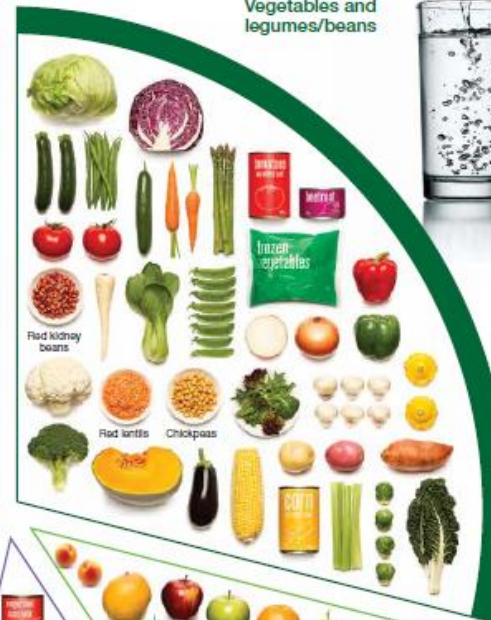
Enjoy a wide variety of nutritious foods from these five food groups every day.
 Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



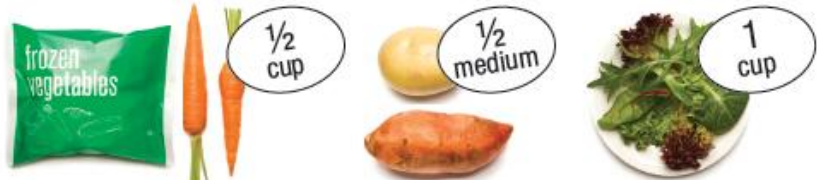




Use small amounts



Only sometimes and in small amounts



How many serves per day?

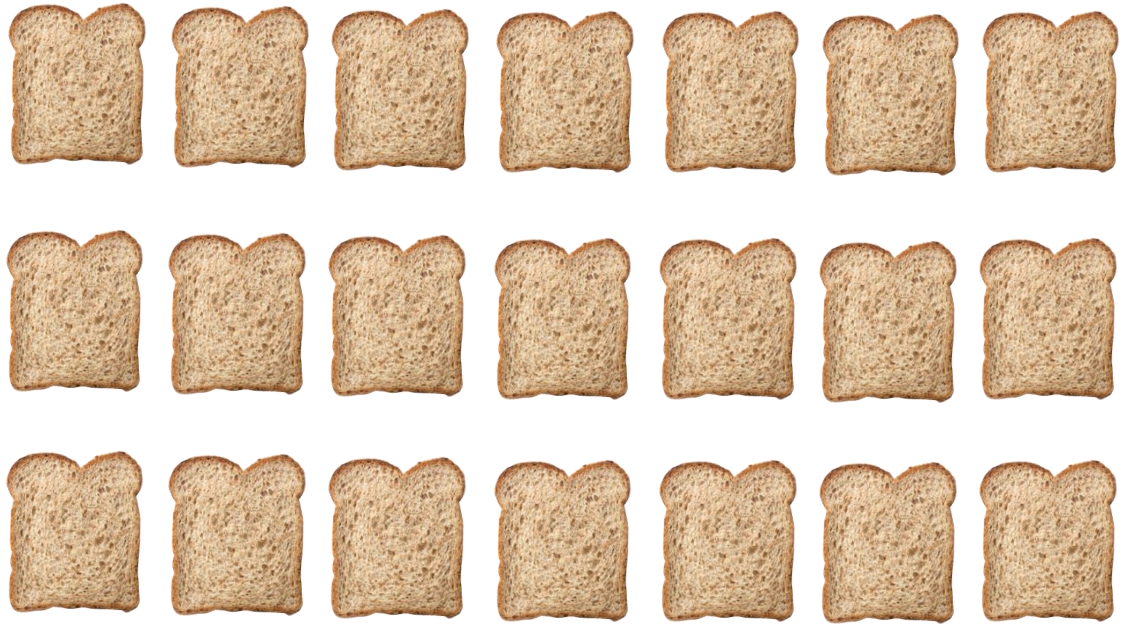
	4-11 years	12-18 years	
Vegetables	4 ½ - 5	5 - 5 ½	
Fruit	1 ½ - 2	2	
Grain foods	4 - 5	5 - 7	
Protein foods	1 ½ - 2 ½	2 ½	
Dairy	1 ½ - 3	3 ½	



What about sometimes foods?



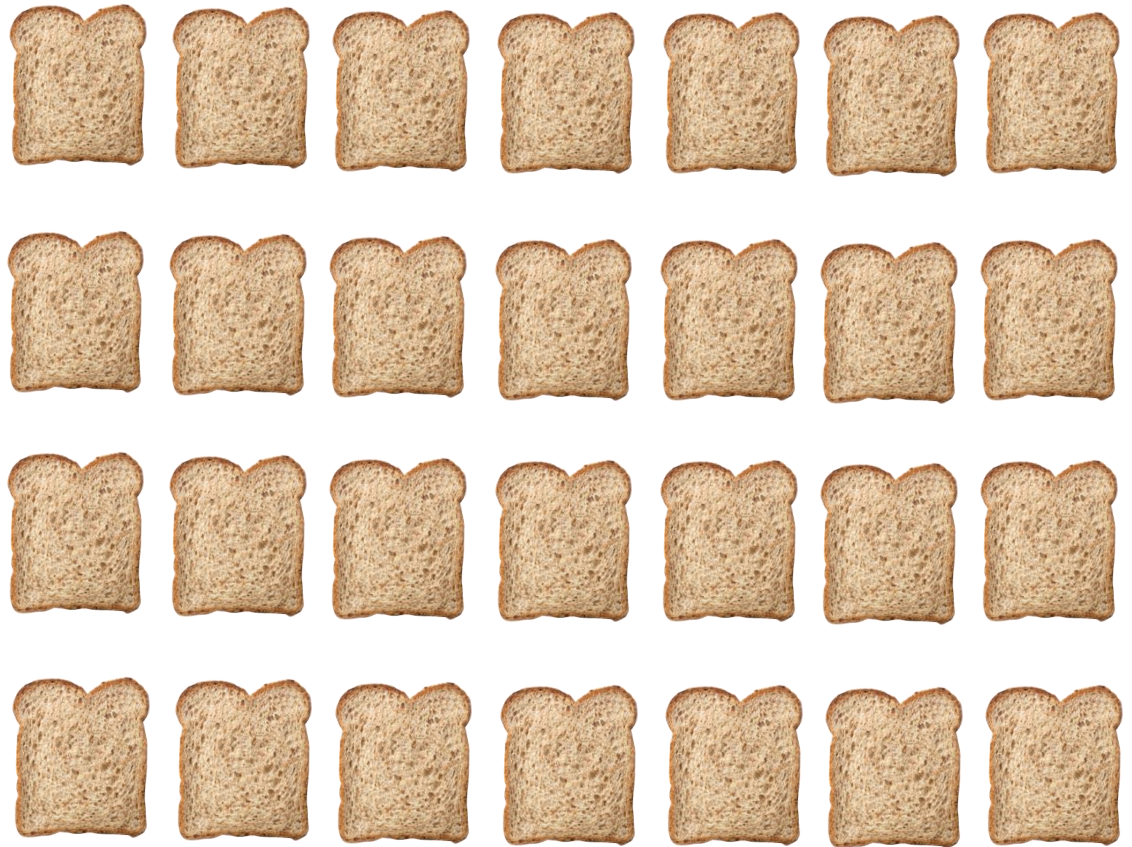
What about sometimes foods?



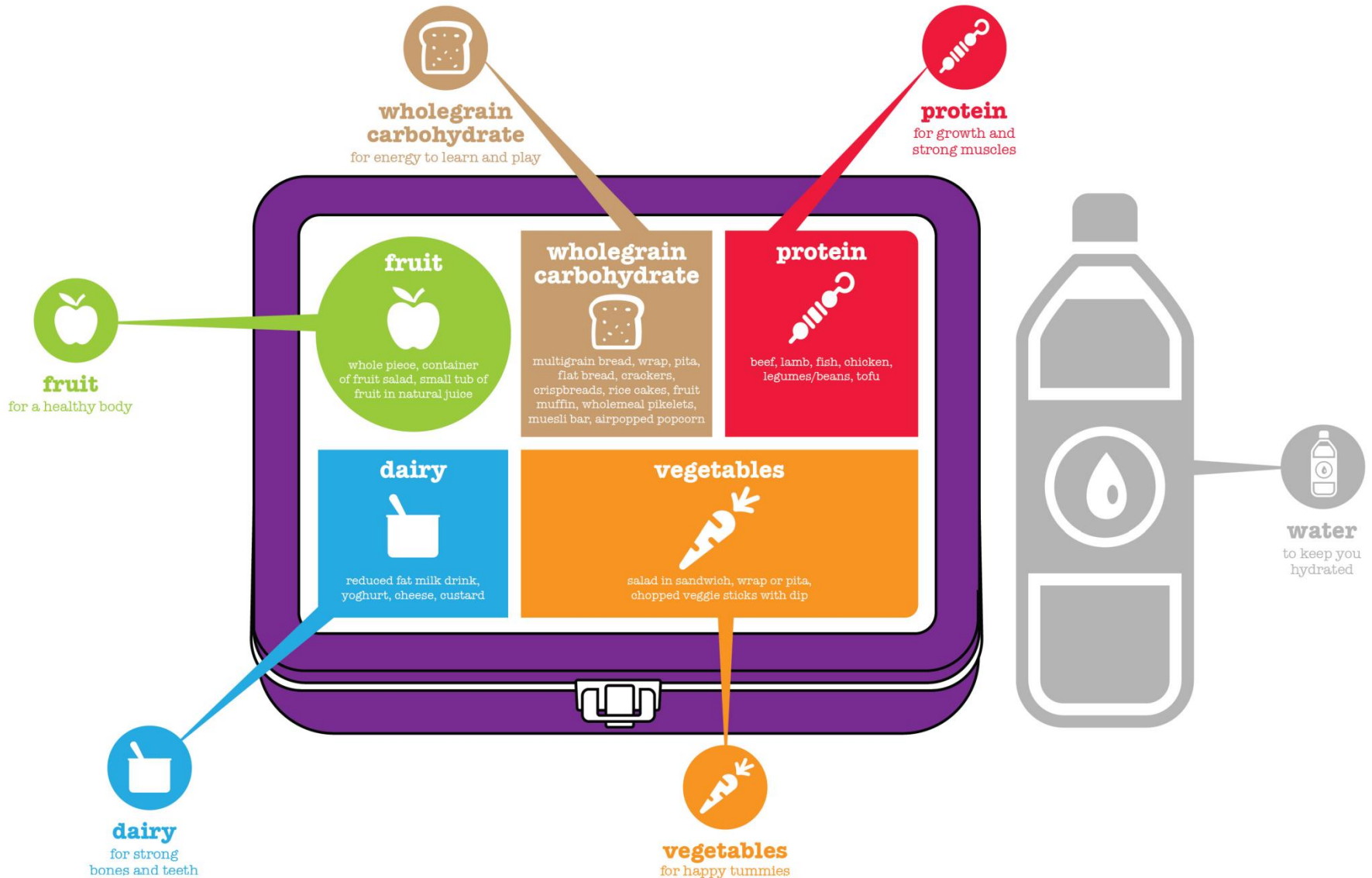
What about sometimes foods?



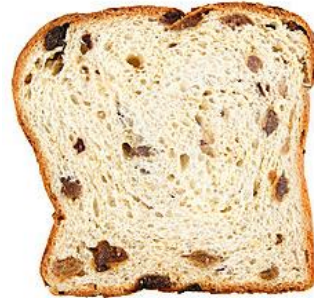
What about sometimes foods?



The perfect lunch box formula



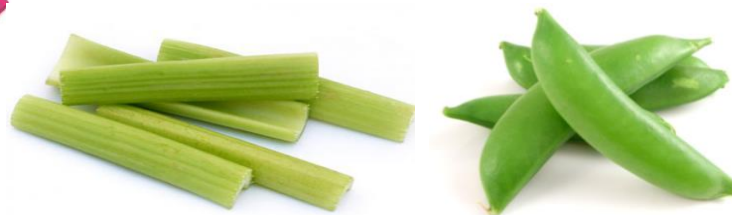
Breads & Cereals



Protein



Vegetables &/or salad



Fruit



Dairy



Always include a water bottle!



How much sugar?



Balanced lunchboxes



Putting together a healthy meal



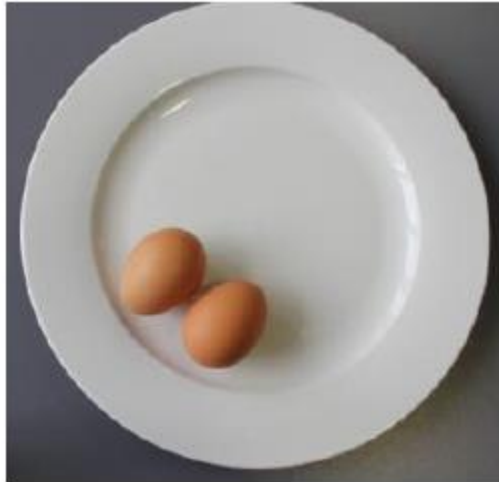
Putting together a healthy meal



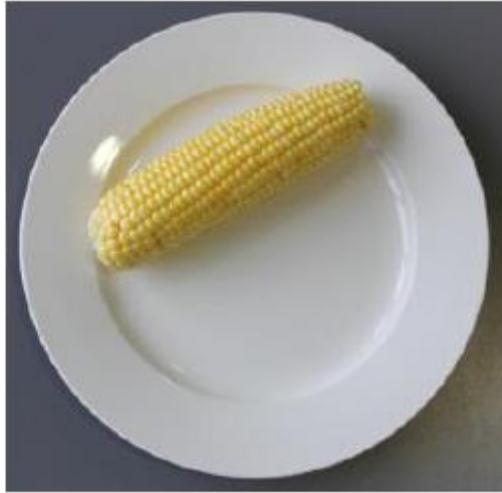
Protein



Portion = Palm size



Carbohydrates



Portion = Fist size



Vegetables/Salad



Portion = 2 open hands









What could this look like?



What could this look like?



Smart Swaps

✗ Instead Of...	✓ Choose these healthier alternatives	Energy (kJ) Saved or Walking Equivalent
 <p>2 cups pasta with 1 cup veg</p>	 <p>1 cup pasta with 2 cups veg and 100 g meat (mixed in or on side)</p>	<p>764kJ or Walk for 43 minutes* to burn off kJ</p>
 <p>2 cups rice, 200g chicken and 1 cup stirfry veg</p>	 <p>1 cup rice with 100g chicken and 2 cups stirfry veg</p>	<p>874kJ or Walk for 50 minutes* to burn off kJ</p>
 <p>300g steak, 1 cup wedges and 1 cup steamed veg</p>	 <p>200g steak, 1 medium potato and 2 cups steamed veg</p>	<p>628kJ (steak) + 766kJ (potato) or Walk for 79 minutes* to burn off kJ</p>

Encouraging more vegetables



Acknowledgement: One Handed Cooks & VegieSmugglers

Other information

- ▶ Eat for health <http://www.eatforhealth.gov.au/>
(Australian dietary guidelines)
- ▶ Healthy Kids <http://www.healthykids.nsw.gov.au/>
- ▶ Dietitians Association of Australia <http://daa.asn.au/>
- ▶ Nutrition Australia <http://www.nutritionaustralia.org/>
- ▶ Australian Healthy Food Guide
<http://www.healthyfoodguide.com.au/>
- ▶ Vegie Smugglers <http://vegiesmugglers.com.au/>

