

# Food for Healthy Kids

A guide to good foods for primary school aged children.



To be healthy, kids need a variety of food everyday.

The food pyramid is a good guide to making food choices.

These foods should be included at each meal or snack.

- ☆ Choose breads and cereals (especially wholegrain), pasta, rice, fruit and vegetables, including legumes like lentils and baked beans
- ☆ Healthy kids need at least three serves of vegetables and two pieces of fruit each day

These foods should be included in moderate amounts each day.

- ☆ Choose dairy foods such as milk, yoghurt and cheese, lean meat, fish, poultry and eggs, as well as nuts
- ☆ Healthy kids need 2 - 3 serves of reduced fat dairy foods each day

These foods should only be included in small amounts or on special occasions.

- ☆ Fats and oils such as poly or monounsaturated margarine and vegetable oils can be included in small amounts each day
- ☆ Snack foods such as potato crisps, lollies, chocolates, cakes and soft drinks should only be eaten as special occasion treats

# Healthy Snacks for Kids

Snacks are important for kids growth and development. They need to be nutritious, tasty and easy to prepare. Try some of these easy snack ideas:

- ☆ Chopped fruit or fruit salad
- ☆ Pikelets, pancakes, scones or fruit loaf
- ☆ Low Fat yoghurt or dairy desserts
- ☆ Dried fruit - sultanas, raisins, apricots, apples
- ☆ Crumpets, toast or English muffins
- ☆ A low fat fruit muffin
- ☆ Milkshakes, smoothies or milo made on light milk
- ☆ Breakfast cereal with light milk
- ☆ Fruit snack packs
- ☆ Corn on the cob
- ☆ Frozen fruit - bananas, oranges, grapes, mandarins
- ☆ Home made popcorn
- ☆ Mini Cans of baked beans or spaghetti
- ☆ Rice crackers, corn thins or cracker biscuits with peanut butter, Vegemite or light Cheese
- ☆ Weet-bix with honey or Vegemite
- ☆ Toasted sandwiches / jaffles
- ☆ Low fat fruit bars
- ☆ Vegetable sticks - try carrot, celery, cucumber or capsicum



A healthy lunch tops up energy levels. Fill up your kids lunch box with some of the following tasty and healthy foods:

Start with a sandwich

- ☆ Make sandwiches with white high fibre, brown or grainy bread
- ☆ For something different try pita bread, lavash bread, bread rolls, bagels, rice cakes or tortillas
- ☆ Fill with - chicken, tuna, salmon, lean ham, egg, leftover lean meat, baked beans, salad, light cheese, banana, peanut butter, Vegemite, grated carrot and sultanas or spaghetti



Add some fruit, try:

- ☆ Fresh fruit - apple, orange, banana, mandarin
- ☆ Dried fruit boxes - sultanas, apricots
- ☆ Chopped fruit in a small container - rockmelon, watermelon, pineapple
- ☆ Fruit in zip lock bags - grapes, cherries
- ☆ Fruit snack packs with a spoon



Plus a drink

- ☆ Water bottle
  - ☆ Milk popper or
  - ☆ Fruit juice popper / diluted juice
- Freeze these the night before to keep lunch cool



Add some extra snacks:

- Light yoghurt or dairy desserts, cheese sticks, pikelets, scones, fruit muffins, vegie sticks, fruit bread, popcorn, pretzels, low fat breakfast bars or fruit bars



# Active Kids are Healthy Kids

By getting kids active early they get a head start on a healthy life and grow into healthy adults. There are lots of benefits of regular activity.

## Active kids are more likely to:

- ☆ Be a healthy weight
- ☆ Be happy, relaxed and sleep better
- ☆ Maintain healthy growth and development
- ☆ Feel good - inside and out
- ☆ Have good coordination and be flexible
- ☆ Develop good social skills

## Remember to:

- ☆ Praise kids with a winning feeling, whether they win or not!
- ☆ Help kids feel and stay safe while being active
- ☆ Support kids in what ever they do - don't push too hard!

## Help your kids be active by:

- ☆ Being an active parent
- ☆ Turning off the TV more often
- ☆ Limiting the time your kids spend on the computer and playing video games to 30 minutes each day
- ☆ Encouraging active play such as skipping, ball games, bike riding, roller blading, walking the dog
- ☆ Finding fun activities that your kids will like
- ☆ Walking your kids to and from school if possible
- ☆ Being an active family, explore new places - parks, trails, walks and sporting facilities
- ☆ Encouraging kids to try new sports and activities like dancing, netball, soccer, swimming, athletics, cricket
- ☆ Keeping them active around the house



This is general information only for advice about your child's individual nutrition requirements, consult an Accredited Practising Dietitian (APD).