

# HEALTHY EATING GUIDE 2-13yrs



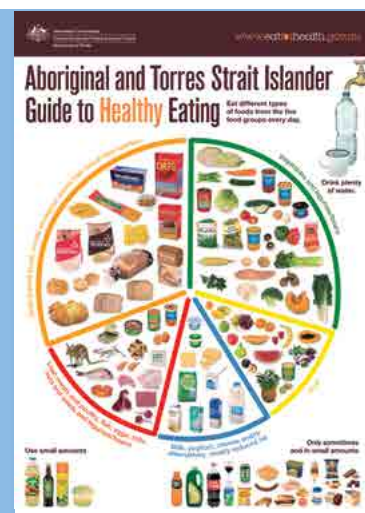
## MY MESSAGE TO YOU

This guide provides information about the kind of foods to choose each day for a balanced and healthy diet.

To be healthy, children need to:

- enjoy a variety of foods from each of the 5 food groups, especially plenty of fruit and vegies
- limit 'sometimes' foods and drinks
- choose tap water as a main drink
- include plain milk for healthy bones and teeth.

Brush morning and night for healthy teeth.



## WHAT ARE THE FIVE FOOD GROUPS?



### GRAIN FOODS

Includes bread, porridge, breakfast cereals, rice, pasta, noodles, oats and barley. Wholemeal and wholegrain types are best.



### DAIRY

Includes milk (plain cow or soy), cheese, yoghurt and custard. Choose reduced fat dairy most of the time for children aged over 2 years.



### VEGETABLES

Includes all vegies, salad, baked beans, split peas and lentils.



### MEAT/PROTEIN FOODS

Includes all lean meats, chicken, fish, eggs and nuts.



### FRUIT

Includes fresh, frozen, canned (in natural juice) and dried fruit. It is better to eat whole fruit than to drink juice or eat dried fruit.



VACCHO



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[www.vaccho.org.au/nutrition](http://www.vaccho.org.au/nutrition)



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## WHAT IS A SERVE FOR CHILDREN? HOW MANY SERVES EACH DAY?

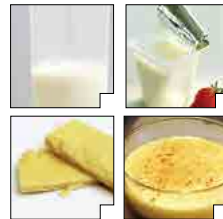


### GRAIN FOODS

A serve could be:

- 1 slice of bread
- ½ cup of cooked rice or pasta
- ⅔ cup of breakfast cereal
- ½ cup of cooked porridge

2-3 years: 4 serves / 4-8 years: 4 serves  
9-11 years: 4-5 serves / 12-13 years: 5-6 serves



### DAIRY (reduced fat for children aged over 2 years)

A serve could be:

- 1 cup of milk
- 1 tub of yoghurt
- 2 slices of cheese
- 1 cup of custard

2-3 years: 1½ serves / 4-8 years: 1½-2 serves  
9-11 years: 2½-3 serves / 12-13 years: 3½ serves

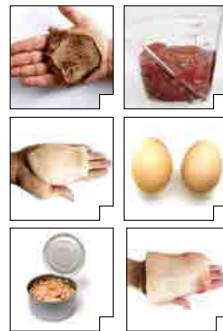


### VEGETABLES

A serve could be:

- ½ cup of cooked vegies
- ½ cup of baked beans
- 1 cup of salad
- ½ medium potato

2-3 years: 2½ serves / 4-8 years: 4½ serves  
9-11 years: 5 serves / 12-13 years: 5-5½ serves

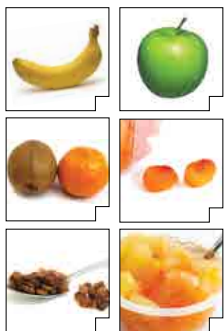


### LEAN MEAT OR PROTEIN FOODS

A serve could be:

- 100g of lean red meat (e.g. beef, lamb) or chicken
- ½ cup of lean mince
- 2 eggs
- 1 small can of tuna or 100g of fish

2-3 years: 1 serve / 4-8 years: 1½ serves  
9-11 years: 2½ serves / 12-13 years: 2½ serves



### FRUIT

A serve could be:

- 1 piece of medium-sized fruit
- 2 pieces of small fruit
- 2 dried apricots
- 1 ½ tablespoons of sultanas
- 1 cup of diced, cooked or canned fruit

2-3 years: 1 serve / 4-8 years: 1½ serves  
9-11 years: 2 serves / 12-13 years: 2 serves



### 'SOMETIMES' FOODS

Includes cakes, biscuits, chips, chocolate, lollies, pastries, ice cream, butter, soft drinks and cordials.

**These foods are not needed for good health.**

