

PROCESSED AND UNPROCESSED FOODS



MY MESSAGE TO YOU

Foods that we eat have different effects on our bodies.

Processed foods Lollies, soft drinks, chips and white bread don't contain many vitamins, minerals or fibre. A lot of these foods and drinks contain high amounts of sugar that our bodies don't need. These foods give kids a short burst of energy, are digested quickly and make kids hungrier sooner. Too much of these foods can cause tooth decay.

Unprocessed foods Multigrain bread, baked beans, fruit and vegies contain lots of vitamins, minerals and fibre. These foods give kids long lasting energy that helps them to concentrate and feel full for longer.

WHAT'S THE DIFFERENCE?



THESE FOODS ARE FULL OF GOODNESS:

- Multigrain bread
- Pasta
- Oats (e.g. porridge)
- Breakfast cereals made from wholegrains (e.g. wheat biscuits, bran flakes)
- Baked beans
- Fruit and vegies
- Plain milk, yoghurt and cheese



THESE FOODS HAVE HAD THE GOODNESS TAKEN OUT:

- White bread
- Cakes and biscuits
- Lollies
- Chocolate
- Soft drink
- 2 minute noodles
- Processed breakfast cereals (e.g. chocolate or honey flavoured)
- Fruit bars
- Chips



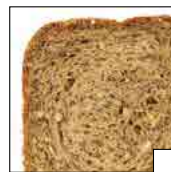
TUCKER TALK TIPS **4 kids** PROCESSED AND UNPROCESSED FOODS

HEALTHY FOOD SWAPS

Here are some simple changes you can make to get more goodness into your child's diet.



WHITE BREAD



MULTIGRAIN OR WHOLEMEAL BREAD



PROCESSED CEREAL



WHOLEGRAIN CEREAL OR PORRIDGE



FRUIT BAR



FRESH OR TINNED FRUIT IN JUICE



CORDIAL



TAP WATER OR MILK (MOSTLY REDUCED FAT MILK FOR CHILDREN AGED OVER 2 YEARS)



2 MINUTE NOODLES



BAKED BEANS OR PASTA



ICE CREAM



PLAIN YOGHURT OR CUSTARD (MOSTLY REDUCED FAT YOGHURT FOR CHILDREN AGED OVER 2 YEARS)

Long-Lasting Energy – Too Deadly!

