

The Best Food for Your Family



Eating well helps your family to feel better now and for the future. Kids need good food to grow! Follow these hints...

1. Foods to have everyday

- Breads and cereals e.g. bread, breakfast cereal, pasta, rice, noodles. Wholegrain and high fibre choices are best.
- Fruit e.g. fresh, stewed, dried, tinned in natural juice or juice (limit to less than ½ glass/day). Choose different colours and types.
- Vegetables e.g. fresh, frozen, tinned or dried. Choose different colours and types.
- Dairy e.g. milk, yoghurt, cheese and custard.
- Meat and meat alternatives e.g. meat, chicken, fish, eggs, and legumes (baked beans, 3 bean mix, chickpeas). Go for lean meat and chicken. Try fish, eggs, and legumes for a change.

2. Foods to have sometimes

- Sometimes foods are takeaway foods, fried foods, cakes, biscuits, chocolates, chips, some muesli and ‘health’ bars, cordials, soft drinks and lollies.
- They are not for everyday.
- Eating these foods often can cause health problems. They can make your teeth decay or make you put on too much weight.
- They also cost a lot of money.

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3. Eat together as a family

- Children copy their parents. Parents should eat well and show their children they enjoy eating healthy food.
- Eat 3 meals a day.
- Don't skip meals.
- Keep the TV off during meals.

4. What about snacks?

- Young children need snacks between meals.
- Snacks should be a 'mini-meal' and filled with everyday foods.
- Home made snacks are cheaper and better for you.
- Some snack ideas are: fruit smoothies, sandwiches, fresh or tinned fruit, crackers with toppings.

5. Don't forget to drink lots of water.

- Water is the best drink.
- Water is cheap and easy to get.
- Water is healthy for you.

6. Do lots of fun activities with family and friends

- Get out and be active.
- Keep TV and computer time to less than 2 hours a day.