

WHERE TO GO FOR NUTRITION TIPS

Smart Eating for You at www.daa.asn.au is a one-stop shop for up-to-date, practical and reliable nutrition information.

The features of Smart Eating include:

- **Smart Eating Tips:** simple, practical advice on how to make healthy changes to your diet/what you eat;
- **Smart Eating Recipes:** healthy eating favourites and new ideas from DAA members and partner organisations;
- **Nutrition A to Z:** a wealth of topics from Acne to Zinc that aims to correct common misinformation and to guide you to further help if needed;
- **Healthy eating self assessment:** a quick quiz to see how what you eat compares to the dietary guidelines;

- **Links:** selected links to other internet sites that help to avoid confusing jargon and to provide balanced and accurate information;
- **Find an Accredited Practising Dietitian:** all the information you need to contact an Accredited Practising Dietitian (APD) in your local area for personalised expert dietary advice. APDs are qualified to advise individuals of all ages, groups and industry on nutrition-related matters. They also have the clinical training to modify diets and to treat conditions such as obesity, diabetes, cancer, gastrointestinal disorders, food allergies and intolerances.

For advice on any symptoms or conditions referred to in the booklet, please contact your health care professional.



Contact us for additional copies at nationaloffice@daa.asn.au or 02 6282 9555
You can also download copies at www.daa.asn.au.



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References

1. Research conducted by Pfizer Australia Pty Ltd in conjunction with the Dietitians Association of Australia. Findings are based on research responses from 941 adults (in households with children) and 239 children aged 10-18 years, conducted in August 2004 by independent consultants Stollznow Research.
2. Gehling RK, Magarey AM, Daniels LA. Food-based recommendations to reduce fat intake: an evidence-based approach to the development of a family-focused child weight management programme. *J Paediatr Child Health.* 2005 Mar;41(3):112-8.

Acknowledgments

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EASY FAMILY EATING FOR HEALTHY KIDS

Good nutrition goes hand in hand with good health. We know that what children eat in their childhood years sets the pattern for the rest of their lives. Parents and carers are crucial to ensuring children eat in a healthy way.

Recent research¹ shows that many parents and carers are unaware of simple nutrition recommendations which can help combat problems like children being overweight.

Half of Australian adults surveyed mistakenly believe it is acceptable for children to consume two to three fruit juice drinks every day. One in ten believed that children can just drink as much fruit juice as they want when the recommendation is just half a cup per day at most.

This booklet gives you easy tips on healthy eating for the children in your care.



Eat our words.

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NINE HEALTHY HABITS TO GET YOUR FAMILY EATING BETTER

- 1 plan and shop for healthy foods
- 2 make time for breakfast
- 3 pack healthy school lunches
- 4 cook and eat together
- 5 eat healthy snacks
- 6 choose water and milk as drinks
- 7 prepare and store food safely
- 8 praise your child's efforts at healthy eating
- 9 be a good role model

PLAN AND SHOP FOR HEALTHY FOODS

Better Eating for Kids

Children have unique nutritional needs. Not only must they meet their requirements for daily activity, but they must also meet their needs for growth and development.



It is essential that children get all the nutrients they need to help them achieve their full potential. It can be difficult to make up for poor nutrition in childhood, later in life. Family and carers play an important role in influencing the food choices of children. They are the main role models influencing the eating habits of young children and are responsible for providing healthy meals and snacks. Praising children when they try new healthy foods really encourages them to develop healthy eating habits².

For good health, remember that children need regular physical activity as well as healthy food. Encourage them to be physically active every day for better coordination, concentration, learning, skill development, and maintaining a healthy weight but most of all for FUN!!

The following tips are designed to help parents and carers meet their children's nutritional needs.

- offer children a wide variety of nutritious foods every day
- encourage children to eat plenty of vegetables, legumes (baked beans, lentils, chick peas), fruit and wholegrain cereals (bread, breakfast cereals, rice, pasta and noodles) every day. These foods are high in carbohydrates to provide energy, and are a great source of fibre, vitamins and minerals
- include lean meat, fish, poultry, eggs and/or vegetarian alternatives every day. These foods provide iron for healthy blood and are a good source of protein which is important for growth, development, healing and fighting infection
- offer children dairy foods like milk, yoghurt and cheese and/or non-dairy calcium alternatives every day. These foods provide calcium for healthy bones and teeth
- offer only moderate amounts of sugars and foods containing added sugars
- use foods low in salt

MAKE TIME FOR BREAKFAST

Breakfast is the most important meal of the day. Dietitians have a message for all Australians: Make time for breakfast!

Breakfast helps to improve concentration, learning and memory. People who eat breakfast also get more essential nutrients and they are more likely to be a healthy body weight.

Children who skip breakfast are more likely to feel hungry during the morning and grab less healthy snack foods.

Try these quick healthy breakfast ideas

- high fibre cereal, milk and a sliced banana or other fresh fruit
- natural muesli topped with milk or yoghurt and fruit
- porridge with milk, topped with sultanas or canned fruit
- white high-fibre, wholegrain or wholemeal bread or an English muffin with baked beans or tomato and cheese
- toasted English muffin with honey or jam and a glass of milk
- smoothies on the run made with milk or yoghurt and fruit

Research¹ shows that most adults understand the importance of healthy daily eating habits and almost all adults believe that it is important for children to have breakfast. However many children and adults still skip breakfast.

MAKE SCHOOL LUNCHES COOL

Going back to school in hot weather presents a challenge to keep food fresh and tasty until lunch time.

Look for an insulated lunch box with an ice-pack included which can help to keep food cool and safe to eat.

A bottle of frozen water in your child's lunch box will also help keep lunch cool and provide an icy cold drink to enjoy.

Here are some great ideas to help you and your child pack lunch

- cut sandwiches into shapes, such as fingers, squares, rolls or wraps filled with salad vegetables, cheese or cream cheese, egg, lean cold roasted meat, or canned tuna
- make a mini crispy salad of lettuce, tomato, celery, capsicum, carrot, cucumber and cheese and pack with a bread roll, lavash bread or crackers
- cut up carrot, cucumber and celery sticks and pack with snow peas, pita bread, cherry tomatoes and dips such as hummus
- cut chunks of fresh melon and pineapple, strawberries, grapes, kiwifruit, dried fruit or individual tubs of fruits
- try white high-fibre, wholemeal or wholegrain bread and a ripe banana
- milk UHT tetra packs can be frozen to keep the lunch box cool
- pack treats like plain popcorn, rice crackers or pretzels

TOGETHER, COOKING TOGETHER, EATING TOGETHER

Healthy eating habits need to involve the whole family, so teach children good eating habits by:

- involving children in meal planning, shopping and cooking
- teaching them to prepare easy healthy meals
- turning off the television and eating together as a family.

Research¹ shows that two-in-five children want to be more involved in meal preparation at home. While this is more common for girls, one-in-three boys would also like to be involved.

Most people in a family situation eat dinner together, but 50 percent of family dinners are eaten while watching television.

Parents and carers are important role models for children, so what they eat has a major influence on what children eat.

Most adults know that their eating habits influence their children and feel reasonably knowledgeable about the right mix of foods for their families.

Recipe idea:

Here is a healthy pizza recipe kids can try with adult supervision.

- Spread tomato paste onto pizza bases – pita bread or English muffins can also be used as bases.
- Cover pizza bases with a range of toppings of your choice – try chopped cold roast meats, tuna slices canned in spring water, onions, mushrooms, chopped capsicum, tomato, pineapple or grated cheese.
- Serve with fresh lettuce mix, orange slices, grated carrot and fresh tomatoes.

Go to the DAA website
www.daa.asn.au
for more recipes.



EASY IDEAS FOR HEALTHY SNACKS

Children are often hungry between meals. Eating snacks that are nutritious, as well as satisfying, goes a long way towards better health. The following snack ideas will help you provide your children with healthier choices.

- Fruit loaf/bun
- Pikelets (add mashed banana to the mix)
- Rice crackers or pretzels
- Homemade air-popped popcorn
- Fresh fruit – try small fruit or cut pieces
- Canned or dried fruit
- Yoghurt
- Wholemeal crackers with cheese
- Fruit muffin
- Rice cakes with tomato and cheese
- Toasted sandwiches – try baked beans
- Vegetable or pumpkin soup (made with milk)
- High fibre breakfast cereal with milk and a sliced banana
- Toasted English muffin with spreads
- Fruit smoothie – try milk, a small banana or kiwifruit, vanilla & cinnamon
- Raw vegetables like carrots & capsicum sticks with dip

If you buy packaged snacks, choose small items based on fruits, grains and dairy foods.

Check the labels for those lowest in salt, saturated fat and kilojoules.



The Dietitians Association of Australia is the leading nutrition organisation in Australia and works with all sectors to improve the nutrition and health of Australians in keeping with our

Mission and Vision. It is a non-profit, professional member association representing dietitians and nutritionists, nutrition scientists, and student and associate members.



For expert nutrition and dietary advice look no further than an Accredited Practising Dietitian

(APD). APDs provide personalised recommendations and advice on nutrition and the dietary treatment of medical conditions, and advise groups and industry on nutrition-related matters. They are committed to the Dietitians Association of Australia Code of Professional Conduct, continuing professional development and providing quality services. To find an APD, search the 'Find an APD' feature of our website www.daa.asn.au or call 1800 812 942.



WATER AND MILK ARE BEST DRINK CHOICES

Many adults believe it is acceptable for children to have fruit juice two-to-three times daily but the best drink to quench thirst is water. Parents and carers can encourage children to drink water by:

- Keeping a jug of iced water in the fridge and at the table during meal times
- Serving water in a jug with ice, lemon, mint or oranges slices
- Freezing bottled water for school lunches and sports days.

Milk is another important healthy drink choice for children. It is a refreshing drink that also provides calcium to help build strong bones and healthy teeth.



Children need three serves of dairy foods each day, with a cup of milk being one serve. Try plain or flavoured milk or make a delicious fruit smoothie.

Reduced fat milks are not suitable for young children under two years of age, because of their high energy needs. However reduced fat varieties should be encouraged for older children and adolescents. To help your child choose water or milk as drinks, be a healthy role model and drink them regularly yourself.

Many people believe that because juice is made from fruit it is healthy to drink as much as they like, but that's not the case.

Large amounts of juice can reduce a child's appetite for other healthy foods and the extra kilojoules may increase the risk of gaining weight.

One serve (125 ml) of fruit juice each day is fine and after that children need to be encouraged to eat fresh fruit. Fresh fruit provides a range of vitamins and minerals and adds fibre to the diet. Children are much more likely to eat small pieces of fruit or fruit that is cut into pieces.

Many children have sports drinks but water is the best thirst quencher for general physical activity.

