



Healthy eating tips for kids

Help your kids to eat well with the following tips from the Dietitians Association of Australia.

1. Set a good example for your kids by eating a variety of healthy foods and being active. Make time to sit down and enjoy family meals together regularly.
2. Eat healthy 'everyday' foods, mostly fruit, vegetables, breads and cereals as well as moderate amounts of lean meats and lower fat dairy foods or suitable alternatives (lower fat dairy is not recommended for children under the age of 2 years).
3. Make time for breakfast – some quick, easy and nutritious breakfast ideas are:
 - ✓ High fibre cereal topped with milk and fresh, tinned or dried fruit
 - ✓ Wholegrain muffin topped with mashed banana
 - ✓ Fruit smoothie made from fresh or tinned fruit, milk and yoghurt
4. Send kids to school with a healthy lunch box – some lunch ideas are:
 - ✓ Rolls or wraps filled with salad vegetables, cheese or cream cheese, lean ham, beef, chicken or tinned tuna
 - ✓ Yoghurt or milk – try freezing these to keep the lunch box cool
 - ✓ Dried fruit and nuts, plain popcorn, rice crackers or pretzels
5. Choose healthy foods for snacks:
 - ✓ Fruit – fresh, tinned in natural juice or dried
 - ✓ Milk, yoghurt or custard
 - ✓ Vegetables such as carrot, celery and cucumber with salsa
 - ✓ Breads – toast, rolls, mountain or pita breadIf you buy packaged snacks, choose small items based on fruits, grains or dairy and check the labels for those lower in fat and kilojoules.
6. Keep less nutritious foods like chips, confectionary, soft drink and high kilojoule and deep fried take away foods as 'sometimes' foods rather than 'everyday' foods.
7. Encourage your school canteen to offer and promote healthy foods.
8. Get kids involved in choosing and preparing meals – children are more likely to enjoy food they have helped select and prepare.
9. Balance the amount of food kids eat with the amount of activity they do. Look for opportunities to increase activity as a family. Try:
 - ✓ Walking the dog together
 - ✓ Walking to and/or from school or to the local shops
 - ✓ Throwing a Frisbee or kicking a ball around the back yard
 - ✓ Going on a family bike ride
10. Get expert advice to help your kids eat and enjoy healthy food. If you are concerned about your children's eating habits or their weight see an Accredited Practising Dietitian (APD). APDs are the experts in food and nutrition and can provide expert nutrition and dietary advice.

For more information, visit the DAA website at www.daa.asn.au and go to the Smart Eating section. To locate an APD in your local area go to 'Find an Accredited Practising Dietitian' on the DAA website or call 1800 812 942.