

## Breakfast is the first important meal of the day

- Eating breakfast has an enormous impact on a child's ability to learn and stay out of trouble.
- Eating a healthy breakfast facilitates children's short-term memory, attention and concentration. Skipping breakfast can have an adverse effect on mood, being less positive and less alert.
- Children who eat a healthy breakfast are more likely to meet their overall nutrient requirements.
- Having breakfast helps kids choose healthier foods throughout the day.
- Some everyday breakfast ideas include:



- porridge or high fibre cereal with milk and fruit
- wholegrain toast topped with baked beans and cheese, scrambled eggs, avocado or peanut butter
- smoothies made with milk or yoghurt and fruit
- yoghurt topped with muesli and chopped fruit
- Raisin bread or fruit loaf topped with ricotta cheese, and chopped strawberries or banana



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## Choose drinks wisely



- Water is the healthiest and most thirst quenching drink for kids.
- Milk is also important for building healthy bones, muscles, and teeth. While it is important, too much can lead to poor appetite. If your child is drinking a lot of milk - more than 750ml per day – then he/she is having too much.
- Fruit juice, cordial, soft drinks, sports drinks, energy drink and large serves of flavoured milk are not necessary as they are high in sugar, and they can also damage children's teeth.
- You should encourage your child to eat fresh fruit instead of drinking fruit juice.
- Include a frozen water bottle in their lunchbox and keep water readily available at home.



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## Kids need calcium for healthy bones, muscles and teeth



- Calcium is very important for building and maintaining a healthy body. It is found in milk, cheese, and yoghurt and/or alternatives.
  - Alternatives to milk, cheese and yoghurt include calcium-enriched legume/bean milk products such as calcium enriched soy drinks.
  - Ways to include more milk, yoghurt and cheese: milk made into a smoothie with fruit, fruit topped with yoghurt, cheese serves with crackers, ricotta made into a dip with crackers or vegetable sticks.



Number of serves per day of milk, cheese, and yoghurt and/or alternatives:

Age	Boys	Girls
2 - 3 years	1.5	1.5
4 - 8 years	2	1.5
9 - 11 years	2.5	3



- A serve is equal to: 250ml milk, 200g yoghurt, 40g or hard cheese, 120g ricotta cheese.
- Reduced fat varieties should be chosen on most occasions

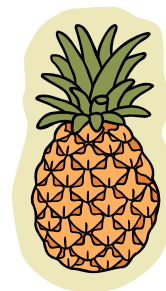


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## Fantastic fruit

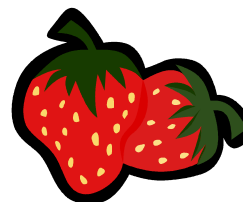


- Fruit is packed full of important vitamins, minerals, and fibre.
- Fruit should mostly be eaten fresh and raw because of the high energy density and 'stickiness' (which may have implications for dental caries) of fruit juice and dried fruit
- Some processed fruits (tinned or frozen) are nutritious alternatives as long as they are produced without sugar (including concentrated fruit juice).
- It is also best to serve seasonal fruit, as it is more cost effective and is usually better quality.
- Ways to include more fruit into the menu include: fruit kebabs, smoothies, frozen oranges and grapes, top breakfast cereal with sliced seasonal fruits, try cutting up fruit—easier for children to handle and eat, fresh or tinned fruit with yoghurt or custard.

Number of serves per day of fruit:

Age	Boys	Girls
2 - 3 years	1.5	1.5
4 - 8 years	2	1.5
9 - 11 years	2.5	3

A serve is equal to:



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## Help your children eat plenty of vegetables



- Vegetables are nutrient dense and a good source of minerals, vitamins, and fibre.
- It's important to include including different types and colours and legumes/beans
- Some vegetables are suitable to eat raw, while it is best to cook others to make them more palatable and digestible. Legumes should always be cooked.
- Some processed vegetables (tinned or frozen) are nutritious alternatives as long as they are produced without added salt, sugar or fat.



How to make vegetables fun:

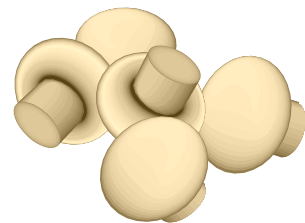
- Add chopped, grated or pureed vegetables to meals
- Top toast with tomato, mushroom, or mixed veggies.

Ask children what's their favourite vegetable or take them vegetable shopping with you!

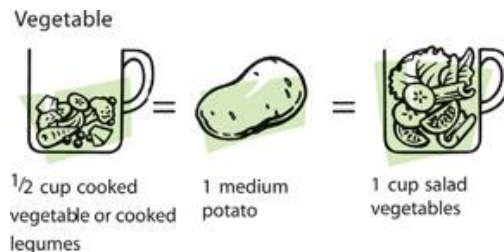


Number of serves per day of vegetables:

Age	Boys	Girls
2 - 3 years	2.5	2.5
4 - 8 years	4.5	4.5
9 - 11 years	5	5



A serve is equal to:



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## 'Sometimes' foods or occasional foods

- Including: cakes, biscuits; confectionary, chocolate; pastries, pies; ice confections, butter, cream, and spreads which contain predominantly saturated fats; potato chips, crisps and other fatty or salty snack foods; sugar-sweetened soft drinks and cordials, sports and energy drinks.
- Many of these are high in saturated fats, sugars, and/or salt. They are not a necessary part of the diet.
- They can be included sometimes in small amounts by those who are physically active.
- Too many can lead to poor nutrition and poor health.
- Instead of using foods as a reward try stickers, play time in the park or art and craft activities
- Don't refer to foods as 'good' or 'bad' but as 'everyday' or 'occasional' foods.



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## Enjoy a wide variety of food from the five food groups every day



- Plenty of vegetables, including different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain, and/or high cereal fibre varieties, such as bread, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa, and barley
- Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans



- Milk/yoghurt, cheese and/or their alternatives, mostly reduced fat (reduces fat milks are not suitable for children under the age of 2 years).

- And drink plenty of water.



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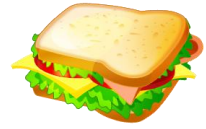
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## Fabulous fibre!



- A healthy diet that contains adequate fibre and drinking plenty of water assists in maintaining the health and function of the digestive system, keeping us 'regular' and helps prevent constipation.
- Fibre is found in: vegetables, legumes, fruit, and grain (cereal) foods
- Simple suggestions to boost your fibre intake: eat porridge or high fibre cereals at breakfast; snack on fruit, veggie sticks, or wholemeal crackers



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