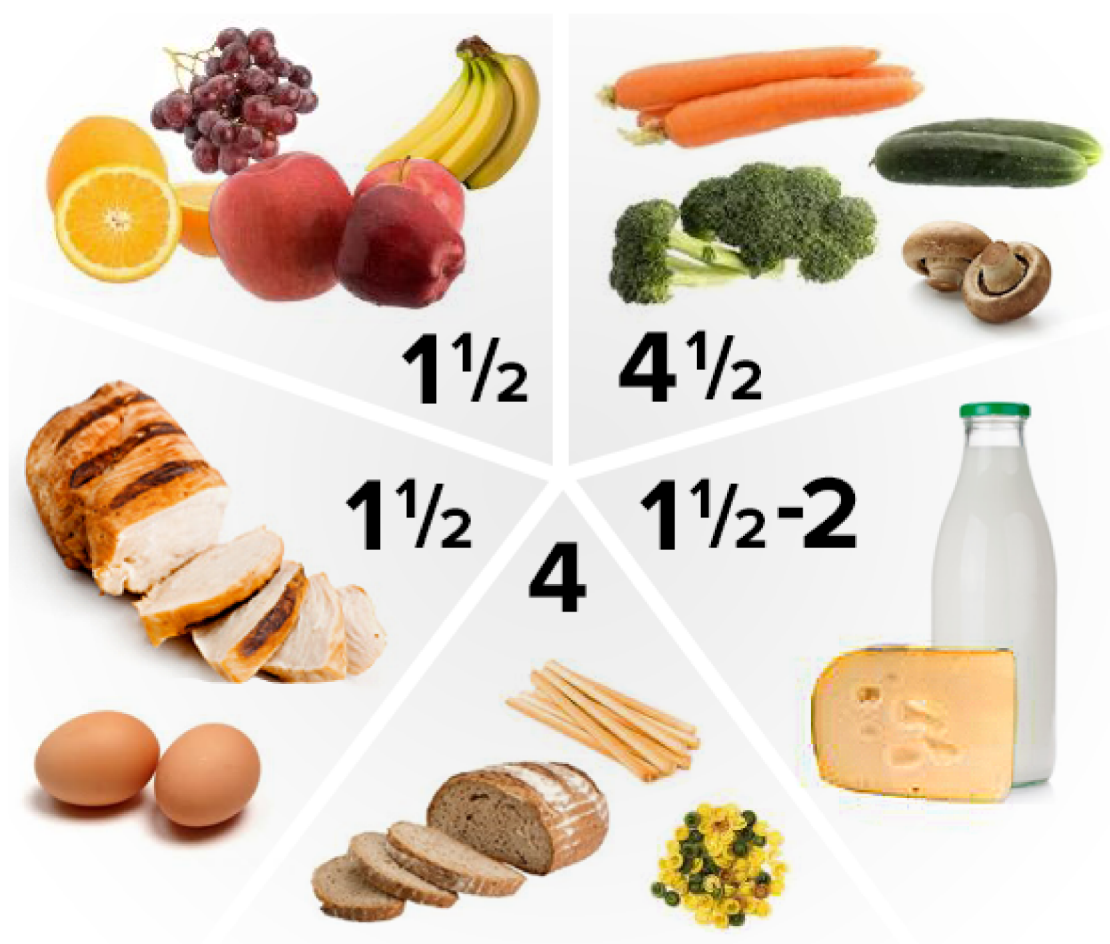


## Dietary guidelines in pictures: children 4-8 years

### Daily dietary guidelines for children 4-8 years



Children need a **wide variety of healthy foods** from each of the five food groups. How much food children need depends on body size and activity levels.



Children aged 4-8 years should aim for 1½ serves of fruit; 4½ serves of vegies; 1½-2 serves of dairy; 4 serves of grains; and 1½ serves of lean meats, nuts and nut pastes and legumes.



Children need lots of **water** – the cheapest, healthiest and most thirst-quenching drink. They need more water on hot or humid days and if they sweat a lot. Avoid soft drinks, fruit juices, flavoured milk and water, sports drinks and energy drinks.

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**Food groups: daily serves of fruit, vegetables, cereals and grains**



**Fruit:** 1 serve = 1 medium apple, banana, orange or pear; or 2 small plums, kiwi fruits or apricots; or 1 cup diced or canned fruit (no added sugar). Offer 1½ serves a day.





**Vegetables:** 1 serve =  $\frac{1}{2}$  medium potato (or sweet potato or corn); or  $\frac{1}{2}$  cup cooked vegies (broccoli, spinach, carrots, pumpkin); or 1 cup green leafy or raw salad vegies; or  $\frac{1}{2}$  cup cooked, dried or canned beans or lentils. Offer 4½ serves a day.



**Cereal and grains:** 1 serve = 1 slice of bread; or  $\frac{1}{2}$  cup cooked rice, pasta, noodles, quinoa or polenta; or  $\frac{1}{2}$  cup porridge; or  $\frac{2}{3}$  cup wheat cereal flakes; or  $\frac{1}{4}$  cup muesli; or 1 crumpet or small English muffin. Offer 4 serves a day. Wholegrain is best.

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**Food groups: daily serves of dairy, protein and healthy fats**



**Dairy:** 1 serve = 1 cup (250 ml) milk; or 1 cup dairy alternative like soy or rice milk with at least 100 mg of added calcium per 100 ml; or 2 slices of cheese; or  $\frac{3}{4}$  cup (200 gm) yoghurt; or  $\frac{1}{2}$  cup ricotta cheese. Choose mostly reduced-fat dairy. Offer 1½-2 serves a day.





**Meat, fish, poultry, eggs, nuts, legumes:** 1 serve = 65 gm cooked lean beef, lamb, veal or pork; or 80 gm cooked lean chicken or turkey; or 100 gm cooked fish fillet; or 170 gm cooked tofu; or 2 large eggs; or 1 cup cooked lentils, chickpeas or canned beans; or 30 gm (1½ tablespoons) peanuts, almonds or sunflower seeds. Offer 1½ serves a day.





**Healthy fats:** you can include 1 serve of unsaturated fat per day in cooking, baking, spreads or dressings. 1 serve = 1-2 teaspoons (5-10 gm) of olive, canola and rice bran oil or margarine; or 1-2 teaspoons (5-10 gm) of nut pastes and spreads; or 1 tablespoon (20 gm) of avocado.

Avoid 'sometimes' foods like cakes, biscuits, chips, lollies and fried and takeaway foods. These can be high in saturated fat, sugar and salt.

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