



Healthy food grows strong kids

Eating healthy foods will help kids grow strong, healthy and happy.

Have a variety of healthy food every day.

What are healthy foods?

Breads, cereals, rice, pasta, oats and noodles. Wholegrain or wholemeal is best.

Vegetables like carrots, pumpkin, broccoli, peas and lettuce.

Fruit like apples, bananas, oranges and pears.

Milk, yoghurt and cheese. 'Lite' or reduced fat is best for children over 2 years old.

Lean meat - chicken without skin; kangaroo; pork, lamb and beef with the fat cut off; and lean mince.

Seafood, fish, shellfish - fresh, frozen and canned.

Eggs - boiled, scrambled and poached.

Lentils, kidney beans, baked beans and chickpeas.

Frozen and canned vegies and fruit are healthy too.



Kids don't need foods that are high in fat and sugar like takeaway food, lollies, cakes and ice cream.



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Healthy breakfast ideas

Porridge, oats and wholegrain cereals.

Yoghurt and fruit.

Wholemeal toast with cheese, tomato or baked beans.

Boiled, poached or scrambled eggs.

All kids need a healthy breakfast to grow strong.

Healthy snack ideas

Chopped up fruit and vegies.

Rice cakes or crackers with cheese or avocado.

Vegie sticks with hummus.

Boiled egg.

Cob of corn.

Fruit smoothie.

Plain yoghurt or yoghurt with fruit.

Limit unhealthy snacks like potato chips, chocolate and biscuits.

Tips to eat more fruit and vegies

- **Put fruit on breakfast cereal**
- **Pack fruit and vegie sticks in your kid's lunchbox**
- **Add vegies to soup, curry, stir fry and bolognese sauce**
- **Add salad to sandwiches**
- **Cut up fruit and vegies so they are easy to eat**
- **Make a smoothie with canned, frozen or fresh fruit**



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For more ideas on healthy eating go to www.healthykids.nsw.gov.au

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