



## Keep your lunch box cool

- Use insulated bags or lunch boxes.
- Place ice bricks in lunch box.
- Place frozen drinks (water, milk) in lunch box.
- Freeze suitable foods (eg. sandwiches, yoghurt).
- Store lunch in a cool area out of the sun.



## What should my child drink?

- The best drink is water. Tap water contains fluoride to help protect teeth.
- Milk, both plain and flavoured are also good choices because milk is good for growing bones.
- 100% fruit juice should be limited as too much juice can damage teeth. It is better to dilute juice with water or offer fresh fruit, which will also provide fibre.
- It is best to avoid fruit drinks, soft drinks, cordial and sports drinks. These all contain added sugar and acids which can cause tooth decay.

**Children need about 4 – 6 cups of fluid every day.**



Try to encourage your child to drink water or milk. UHT (long life) milk poppers are available and these can be frozen to take to school. Using colourful drink bottles can encourage children to drink water.

## Fruit and vegetables

Fruits and vegetables provide vitamins, minerals, antioxidants and fibre. Research has shown that eating fruits and vegetables can protect us against diseases later in life. Most Australians are not eating enough fruits and vegetables.

### So how much should we eat?

For school children and adults: 2 serves of fruit and 5 serves of vegetables each day



For children under 5:

1 serve of fruit and 3 serves of vegetables

**1 serve of fruit** = 1 medium piece eg apple, banana, orange, small bunch of grapes

or = 1 cup of canned fruit

or = 1 1/2 tablespoons of dried fruit

**1 serve of vegetables** = 1/2 cup cooked vegetables

or = 1 cup salad

charge through your day  
with 2 fruit & 5 vegetables

## Facts on bread

### Bread is not fattening.

In fact bread is low in fat and is a good food to eat to control weight.

### Bread is full of fibre.

In fact, bread is one of the best sources of fibre. Wholemeal and wholegrain breads have the most fibre.

### Bread is quick and easy for a lunch or a snack.

In fact, in Australia we have a huge variety of breads.

Try some of these for a change:

- |                |            |
|----------------|------------|
| lavish bread   | bagels     |
| lebanese bread | rye bread  |
| foccacia       | muffins    |
| fruit bread    | naan bread |



## Dairy foods

Milk and dairy products like cheese and yoghurt are important to our health because they contain calcium. Growing children need calcium to build strong and healthy bones. Children need 3 serves of calcium every day.

For example a child would get all the calcium they need for a day if they had:



1 glass of milk



1 tub of yoghurt



1 slice of cheese

**Here's some ideas to increase the calcium in your child's diet.**

Milk on cereal

cheese on pasta

fruche

Yoghurt

milkshake

labne as a dip

Ice cream

custard

cheese on toast



## Looking after your teeth

Eating and drinking the right foods will help to protect teeth. Here's some hints to look after your child's teeth.

- ☺ Limit the number of snacks to about three a day, as frequent snacking is likely to cause tooth decay.
- ☺ Limit foods that stick to teeth, like sweets, fruit strips, biscuits, chips and chocolates.
- ☺ Offer healthy snacks such as fruit, vegetables, cheese, yoghurt and milk.
- ☹ Avoid soft drinks, fruit juice, cordial and sports drinks. These drinks contain sugar and acids that can damage teeth.
- ☹ Too much juice will damage teeth.
- ☺ Limit unsweetened juice to 1 cup each day. Dilute the juice with at least half water.
- ☺ Dairy products help reduce damage to teeth.
- ☺ Encourage water as a drink and clean teeth after eating.

## Breakfast, more important than you think

We've all heard that breakfast is the most important meal of the day, but just how important is it? Research has shown that eating breakfast improves memory and attention span. Children who eat breakfast perform better at school. If children don't eat breakfast, they may be missing out on essential minerals such as iron and calcium.

### Here are some great breakfast ideas children enjoy.

- Peanut butter on raisin toast
- Spaghetti/baked beans on toast
- Laben/cucumber/tomato in pita bread
- Toasted cheese and tomato sandwich
- Vegemite toast and orange wedges
- Cereal and yoghurt
- Cereal and milk
- Fruit platter
- Noodles

- Congee (asian rice porridge)
- Boiled egg on a muffin
- Canned fruit and yoghurt
- Banana smoothie
- Fruit and custard



## Snackfoods

Many snack foods are unhealthy because they contain large amounts of fat, sugar and salt. Eating too much fat, sugar and salt will increase the risk of diseases in later life. In a child's diet unhealthy snacks may be replacing more nutritious foods.

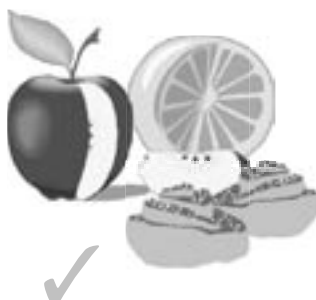


### These snack foods are unhealthy:

- |       |              |                |
|-------|--------------|----------------|
| chips | health bars  | sweet biscuits |
| cakes | fruit strips | chocolate      |



It is best that children eat these only occasionally. These snacks may taste good but they provide little nutrition to growing bodies.



### Try these for a healthy change:

- |               |              |                |                    |
|---------------|--------------|----------------|--------------------|
| popcorn       | fruit        | yoghurt        | scones             |
| corn thins    | dried fruit  | cheese sticks  | fruit bread        |
| rice crackers | two fruits   | fruche         | pikelets           |
| pretzels      | canned fruit | carton of milk | cheese/bacon rolls |

