



Kids Care's

Healthy Eating Guide

Kids Care aims to encourage healthy eating and active play for all children.

Children need to eat every few hours to keep up their energy levels and to ensure they have adequate nutrients. Keep in mind that taste and interest are important factors in encouraging children to eat healthy snacks

Here are some healthy tips and ideas:

- For a delicious addition to any meal try adding an apple, banana, mandarin, pear, grapes, peach or a small container of fruit salad.
- Active bodies need plenty of fluid to keep them well hydrated. Water should be available to children throughout the day. Take a bottle of water to school that you can refill. Water is much better than fruit juice and no more than one cup of fruit juice should be given per day.
- Use an insulated lunch box or carry bag for storing food throughout the day and use a frozen ice brick to keep things cool.
- Bread or other cereal based snacks are great tummy fillers. Try some raisin toast for morning tea.
- Include at least one piece of fruit in your lunchbox every day.
- Swap unhealthy snacks at recess such as chips for healthier ones, like chopped carrot.
- Eat a variety of foods every day. This means eating foods from each of the food groups.
- Some foods should be eaten only occasionally or in small amounts. Extras or occasional foods are better left for the weekend or special occasions. These foods include:
 - Soft drinks
 - Sport drinks
 - Cordials
 - Lollies
 - Chocolate
 - Chips
 - Muesli bars
 - Cakes and doughnuts