

The *Australian Dietary Guidelines* and the *Australian Guide to Healthy Eating* provide up to date advice about the amounts and kinds of foods that we need to eat for health and wellbeing. The recommendations are based on scientific evidence, developed after looking at good quality research.

## Dietary Guidelines for Children

Children and adolescents need to eat sufficient nutritious foods to grow and develop normally. They need to be physically active every day and their growth should be checked regularly.

### The Five Food Groups are:

#### 1. Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

- Foods in this group provide carbohydrates, protein, dietary fibre, and a wide range of vitamins and minerals:
  - Folate, thiamine, riboflavin, niacin, vitamin E and iron
- Some foods have nutrients added during processing, including thiamine and folic acid being added to wheat flour
- Wholegrain varieties provide more dietary fibre, vitamins and minerals than their refined counterparts

#### 2. Vegetables and legumes/beans

- Good source of vitamins, minerals, dietary fibre and some are a good source of carbohydrates
- All provide vitamin C
- Dark green vegetables are good sources of carotenes (beta carotene is converted in the body to vitamin A)
- Legumes/beans are good sources of protein, iron, zinc and carbohydrate

#### 3. Fruit

- A good source of vitamins including Vitamin C and folate
- Provides potassium, dietary fibre and carbohydrates in the form of natural sugars
- Edible skins are high in dietary fibre

#### 4. Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

- Foods in this group are excellent sources of calcium

- Also a good source of nutrients including protein, iodine, riboflavin and Vitamin B12

## 5. Lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans

- Foods in this group are a good source of many nutrients including protein, zinc and other B group vitamins
- Lean meats are a good source of iron, zinc and vitamin B12
- Fish and seafood are a valuable source of long chain omega-3 polyunsaturated fatty acids

*Water is essential for digestion, absorption and transportation and should be promoted as the best drink in OSHC settings.*

## Allowance for unsaturated spreads and oils

- Replacing foods containing saturated fats with foods that have polyunsaturated and monounsaturated fats can benefit blood cholesterol levels
- Foods that provide unsaturated fats are also high in kilojoules. Therefore its important to recognise that even small amounts of these types of foods will have high amounts of kilojoules

## Discretionary Choices

These foods are not an essential or necessary part of our dietary patterns. They are usually high in saturated fat and/or sugars or salt or alcohol. These foods and drinks can contribute too many kilojoules and displace other more nutritious foods from the diet. When consumed in occasional small amounts these foods and drinks can add to variety and enjoyment.

### Discretionary Choices Include:

- Ice cream
- Processed meats
- Sweet biscuits
- Doughnuts
- Cakes and muffins
- Lollies
- Chocolates
- Soft drinks
- Meat pies
- Hot chips

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