



Tuckatalk

Healthy Lifestyles for Healthy Bodies

Teaching children healthy habits when they are young provides the foundations for life-long healthy eating and healthy bodies.

Set a good example by eating a variety of fresh food from each of the five food groups, drinking plenty of water and being physically active.

All Together Now

Sharing meals as a family is a great way to be together and enjoy eating. Try to relax, turn off the TV and talk about what has happened during the day.

Use family meal times to try unfamiliar foods. You may need to offer food several times before your child is willing to try it and later enjoy it.

Establish Healthy Habits

- It is the parent's role to decide **WHAT** food is provided and **WHEN**. Your child is responsible for deciding **HOW MUCH** and **WHETHER** they eat
- Offer 5-6 structured meals and snacks each day
- Serve the same healthy meals to the whole family
- Offer children a smaller meal size than adults
- Encourage your child to help prepare meals. This builds skills and confidence

Talk about foods as 'everyday foods' and 'sometimes foods', rather than labelling them as good or bad, healthy or unhealthy.

The 5 Onlys

To help build structured meals and snacks, follow the 5 Onlys

1. Eat **ONLY** at the dining table
2. Eat **ONLY** while seated
3. Eat **ONLY** from a plate or lunchbox
4. **ONLY** eat (avoid distractions, e.g. TV)
5. Eat **ONLY** during planned meals and snacks

Encourage your Child to Listen to their Body

- Ask questions like 'Is your tummy still hungry?' or 'Have you had enough?'
- Allow your child to decide when they have had enough to eat
- Allow your child to eat as much healthy food as they want at meal and snack times
- Let your child leave food on their plate



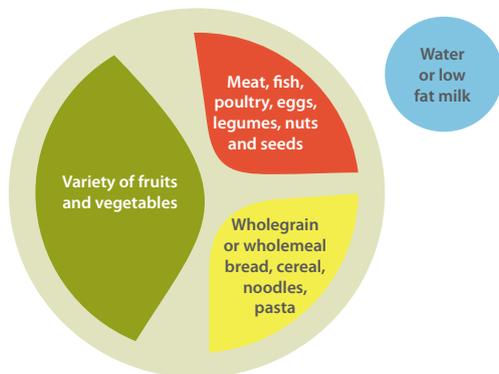
Provide a Variety of Healthy Foods Daily

Children need a variety of foods from each of the five food groups. Offer plenty of wholegrain breads, cereals, pasta and noodles, fruit and vegetables, meat, chicken, fish, legumes, eggs and nuts, and low fat milk, yoghurt and cheese.

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Your Child's Food Portion Plate

Provide your child with a variety of food using the food plate below as a guide.



Simple Meal Ideas

- Homemade crumbed fish with potato and salad
- Chicken or meat stir fry with vegetables and rice
- Tuna pasta salad
- Meatballs, pasta and salad
- Mini homemade pizzas (include vegetables)
- Risotto with chicken, pumpkin, corn or spinach
- Bean and vegetable soup with crusty bread roll

I'm Hungry! Healthy Snacks that are Filling

- Wholegrain crackers with spread, cheese or tomato
- Veggie sticks with crackers and low fat dip
- Baked beans or peanut butter on toast
- Bowl of high fibre cereal with low fat milk
- Small handful of nuts
- Low fat yoghurt, plain milk or a fruit smoothie
- Fresh, tinned or dried fruit
- Plain popcorn

Swap It!

- Try margarine, avocado, hummus, low fat cream cheese, mustard or pickles instead of butter
- Swap soft drink or cordial with water or soda water and a little juice for taste
- Cut the fat off meat and marinate for flavour
- Instead of potato crisps, try popcorn, pretzels, rice crackers or homemade pita chips
- Exchange cakes and biscuits for raisin toast, crumpets, scones, low fat muffins and pikelets

Choose Water

- Take a water bottle when you go out
- Serve water or low fat milk at each meal and snack
- Always have a jug of tap water in the fridge
- Model drinking water yourself



Keep Active

- Children need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity each day
- Consider walking or riding to school, going to the playground, jumping a rope or kicking a ball in the backyard
- Limit electronic media for entertainment (e.g. TV, computer) to 2 hours or less each day

Where can I find out more information?

HERE ARE 3 WAYS:

1. **TALK** to your child's GP
2. **MAKE AN APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**
3. **CHECK OUT** more Tuckatalk factsheets at www.health.act.gov.au

