



EATFORHEALTH

FOLLOWING THE RECOMMENDATIONS IN THE AUSTRALIAN DIETARY GUIDELINES

The sample meal plan outlined below provides the nutritional and energy requirements for a CHILD aged 9-11 years of average height, healthy weight and light activity

BREAKFAST

Wheat biscuit with milk
and yoghurt

*(1 wheat biscuit, ½ cup reduced
fat milk, 100g yoghurt)*



AFTERNOON BREAK

Crumpet

*(1 crumpet with a light
spread of margarine)*

Glass of milk

*(1 cup/250ml
reduced fat milk)*



MORNING BREAK

Banana

(1 medium banana)

Crispbreads with
peanut butter spread

*(3 crispbreads, 1T of
peanut butter spread)*



EVENING MEAL

Lamb kebab
with vegetables

*(65g cooked lamb kebab,
1 small boiled potato,
½ cup cooked carrot,
½ cup cooked beans)*



LUNCH

Egg, cheese and
salad sandwich

*(2 x slices of wholemeal bread,
1 boiled egg, 20g/1 slice
reduced fat cheese,
1 cup mixed salad)*



EVENING SNACK

Fruit salad (tinned or fresh)
and reduced fat yoghurt

*(1 cup mixed fruit plus
small tub/100g yoghurt)*



Drink plenty of water
throughout the day

