WHAT ARE THE DIETARY GUIDELINES?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing. They are based on scientific evidence and research.

The Australian Dietary Guidelines of most relevance to children are included below:

GUIDE LINE 1:
To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.
- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.

GUIDE LINE 2:
Enjoy a wide variety of nutritious foods from these five food groups every day:
- Plenty of vegetables of different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years) and drink plenty of water.

GUIDE LINE 3:
Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.
- Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
  - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
- Low fat diets are not suitable for children under the age of 2 years.
- Limit intake of foods and drinks containing added salt.
  - Read labels to choose lower sodium options among similar foods.
  - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.

GUIDE LINE 4:
Encourage, support and promote breastfeeding.

GUIDE LINE 5:
Care for your food; prepare and store it safely.
### Vegetables and legumes/beans

<table>
<thead>
<tr>
<th>Serves per day</th>
<th>2-3 years</th>
<th>4-8 years</th>
<th>9-11 years</th>
<th>12-15 years</th>
<th>16-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>1</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>2½</td>
</tr>
<tr>
<td>Girls</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
<td>3½</td>
</tr>
</tbody>
</table>

### Fruit

<table>
<thead>
<tr>
<th>Serves per day</th>
<th>2-3 years</th>
<th>4-8 years</th>
<th>9-11 years</th>
<th>12-15 years</th>
<th>16-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
<td>3½</td>
</tr>
<tr>
<td>Girls</td>
<td>1⅓</td>
<td>2½</td>
<td>3⅓</td>
<td>4</td>
<td>4½</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Serves per day</th>
<th>2-3 years</th>
<th>4-8 years</th>
<th>9-11 years</th>
<th>12-15 years</th>
<th>16-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
<td>3½</td>
</tr>
<tr>
<td>Girls</td>
<td>1⅓</td>
<td>2⅓</td>
<td>3⅓</td>
<td>4</td>
<td>4½</td>
</tr>
</tbody>
</table>

### Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

<table>
<thead>
<tr>
<th>Serves per day</th>
<th>2-3 years</th>
<th>4-8 years</th>
<th>9-11 years</th>
<th>12-15 years</th>
<th>16-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
<td>3½</td>
</tr>
<tr>
<td>Girls</td>
<td>1⅓</td>
<td>2½</td>
<td>3⅓</td>
<td>4</td>
<td>4½</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Serves per day</th>
<th>2-3 years</th>
<th>4-8 years</th>
<th>9-11 years</th>
<th>12-15 years</th>
<th>16-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>1½</td>
<td>2</td>
<td>2½</td>
<td>3</td>
<td>3½</td>
</tr>
<tr>
<td>Girls</td>
<td>1⅓</td>
<td>2⅓</td>
<td>3⅓</td>
<td>4</td>
<td>4½</td>
</tr>
</tbody>
</table>

### SERVE SIZES

#### A standard serve of vegetables is about 75g (100-300kJ) or:
- ⅛ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ⅛ cup cooked, dried or canned beans, peas or lentils
- 1 cup cooked, green leafy or raw salad vegetables
- ⅛ cup sweet corn
- ⅛ medium potato or other starchy vegetables (baked potato, fans or cassava)
- 1 medium tomato

#### For meal ideas and advice on how to apply the serve sizes go to:
www.eatforhealth.gov.au

### WHICH FOODS SHOULD I EAT AND HOW MUCH?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being.

By providing your child with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, they will get enough of the nutrients essential for good health, growth and development. They may have a reduced risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. Your child may also feel better, look better, enjoy life more and live longer!

The amount of food your child will need from the Five Food Groups depends on their age, gender, height, weight and physical activity levels. For example, a 3-year-old boy requires 1 serve of fruit a day, but an 11-year-old boy needs 2 serves of fruit a day.

A 3-year-old girl needs 4 serves of grain (cereal) foods a day, and a 14-year-old girl needs 7 serves a day. Children who are taller, more physically active or in the higher end of their age band (and not overweight or obese) may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices.

For further information go to www.eatforhealth.gov.au.