



# HEALTHY FOOD GUIDE

## FACTSHEET

## HEALTHY FOOD AND DRINK CHOICES

The school day is busy, filled with learning, concentration and physical activity. Healthy food fuels your children's bodies and gives them the energy and nutrients to get through the day.

**Follow these simple steps to ensure your children keep energised throughout the day →**

- 1. Eat a healthy breakfast.**
- 2. Eat plenty of fruit and vegetables.**
- 3. Have two to three serves of dairy (reduced fat milk, cheese and yoghurt) to meet daily calcium needs.**
- 4. Drink lots of water, the best thirst quencher.**
- 5. Eat readily available healthy snacks as needed.**

### GREEN

FILL LUNCHBOX



<b>Breads</b>	A variety of bread types.
<b>Grains</b>	Wholegrain cereals, pasta, noodles and rice.
<b>Vegetables</b>	Vegetables and salads with reduced fat dressing.
<b>Fruit</b>	Fresh, frozen and tinned fruit in natural juices.
<b>Legumes</b>	Tinned and cooked legumes, for example bean mix and kidney beans.
<b>Reduced fat dairy items</b>	Reduced fat milk (plain and flavoured), reduced fat yoghurt (fresh and frozen, plain and fruit) and low fat cheese.
<b>Sandwich fillings</b>	All lean meats, chicken (no skin), fish such as tuna, salmon and sardines.
<b>Hot food</b>	Toasted sandwiches and hot rolls, baked potatoes, rice, soups, toast.
<b>Snacks</b>	Yoghurt (reduced fat fresh and frozen, plain and fruit), scones, raisin and fruit toast.
<b>Drinks</b>	Water, and plain mineral water, reduced fat flavoured milk (375ml milk or less)

### AMBER

SELECT CAREFULLY



<b>Breakfast cereals</b>	Refined cereals with added sugar.
<b>Full fat dairy foods</b>	Milk, custard, dairy desserts, cheese.
<b>Savoury foods</b>	Oven baked fish, chicken, potatoes.
<b>Snack food bars</b>	Breakfast, cereal, fruit bars.
<b>Fruit</b>	Dried Fruit.
<b>Savoury snacks</b>	Flavoured popcorn, rice crackers.
<b>Drinks</b>	Fruit juice that is 99% fruit juice (250ml or less).

### RED

OFF THE MENU



<b>Sugar and artificially sweetened drinks</b>	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks, flavoured mineral waters, high caffeine and guarana.
<b>Confectionery</b>	All types, caramelised popcorn.
<b>Pastry items</b>	All types such as eclairs, cream puffs and strudels.
<b>Sandwich fillings</b>	All types of high fat meats such as polony/salami, honey, jam, chocolate spreads and confectionery sprinkles.
<b>Deep fried foods</b>	All types.
<b>Savoury snacks</b>	Crisps and chips.
<b>Frozen treats</b>	Chocolate coated and ice-creams.
<b>Sweet treats</b>	Croissants, doughnuts, cream filled buns, cakes, pastries and slices.

Place this on your fridge for lunchbox and healthy recipe ideas.

