

CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar.

Tap water is the best choice. In most areas, tap water contains Fluoride, which helps children to develop strong teeth.

HOW MUCH SUGAR IS IN THAT DRINK?

BEST CHOICE



No sugar

Water



No added sugar

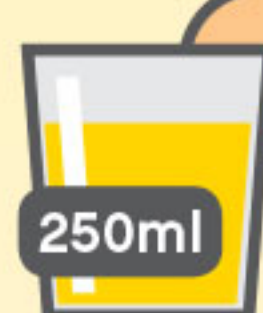
Plain milk

+ GOOD FOR STRONG BONES & TEETH

AVOID/LIMIT THESE HIGH SUGAR DRINKS



Cordial

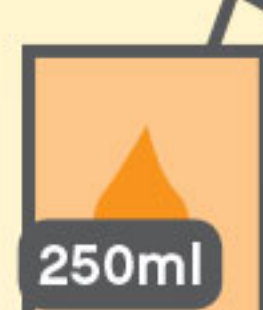


100% Fruit juice

NOT EVERY DAY, LIMIT TO 1/2 CUP



Energy drink



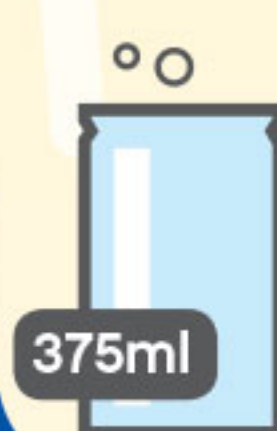
Fruit Flavoured drink



Flavoured milk



Sports drink



Soft drink



Soft drink

1tsp = 4g sugar

TIPS TO HELP YOUR KID DRINK MORE WATER



Show children that you enjoy drinking water



Drink water with every meal



Take a refillable bottle of water when you go out



Pack water with your child's lunch



Encourage your child to drink water when they play sport



Limit buying sugar sweetened drinks

HOW MUCH WATER SHOULD KIDS DRINK EACH DAY?

1-5 years



5x 250ml glasses = 1.25 litres

+ EXTRA WATER IF YOU ARE ACTIVE

6-12 years



6x 250ml glasses = 1.5 litres

EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. While most children eat at least 1 serve of Fruit each day, the majority don't eat enough veggies*.

*Australian Bureau of Statistics (National Health Survey, 2014-15)

WHAT IS A SERVE?



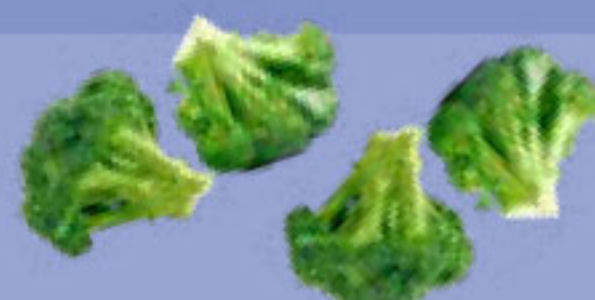
1 medium piece of Fruit



2 small pieces of Fruit



1 cup chopped Fruit



½ cup cooked vegetables



1 cup salad



½ cup Lentils



8 Vegetable sticks

TIPS TO GET YOUR KIDS EATING VEGGIES

ADD TO EVERY MEAL



Salad on sandwiches/wraps



Offer cut up
veggies as snacks



Fill half the plate
with veggies



ENCOURAGE YOUR CHILD

Show them you
enjoy eating veggies



Offer veggies
with Foods they
already enjoy



Be positive and patient
– it takes 10-15 times
to like a new Food

HOW MANY SERVES SHOULD KIDS EAT EACH DAY?

CHILDREN
2-3 YEARS



2.5

Vegetables



1 Fruit

CHILDREN
4-8 YEARS



4.5

Vegetables



1.5 Fruit

CHILDREN
9-16 YEARS



5

Vegetables



2 Fruit

*Recommended intakes have been rounded based on the Australian Dietary Guidelines (NHMRC, 2013).

TRY A VARIETY



Fresh, Frozen,
canned, raw or cooked



Different
colours



Buy in
season

GET ACTIVE

each day

Physical activity is an important part of being healthy.
Find as many ways as you can to be active everyday.

HOW MUCH ACTIVITY SHOULD KIDS DO EACH DAY?

Toddlers 1-3 years **Preschoolers** 3-5 years

3
hours

ACTIVE
PLAY



- Standing up
- Moving around
- Active toys

ACROSS THE DAY

School age 5-12 years

1-3
hours

PHYSICAL
ACTIVITY



Try activities that make breathing quicker and your heart beat faster:

- Fast walking
- Riding a bike or scooter
- Organised sport

ACROSS THE DAY



*source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)

TIPS TO GET KIDS ACTIVE

Encourage babies to crawl and have at least 30 mins tummy time each day



Encourage your toddler to walk instead of using the stroller

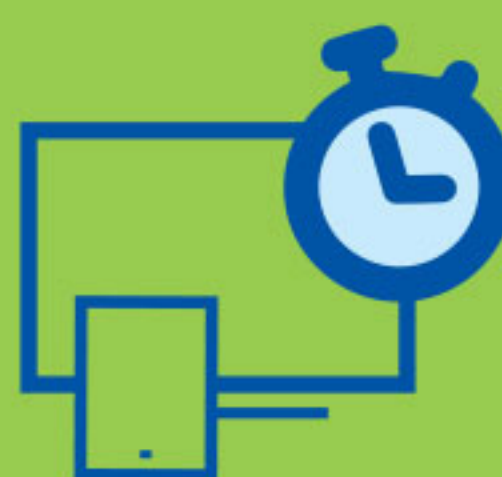


Walk, ride or scooter to school



Choose toys that encourage movement

Set daily screen time limits and choose active play instead



Encourage children to try a range of sports



Look for easy ways to be active across the day



Show your children you like being active



Outdoor play is best, or get active indoors in hot or wet weather

TURN OFF SCREENS

Screens can be great for learning, recreation and communication, but too much screen time can be unhealthy. Try to find a balance between inactive time and active play.

+ get active!

HOW MUCH SCREEN TIME EVERYDAY?

0-2
years



NO screen
time

Increase active play and limit sedentary activities to less than 1 hour at a time

2-5
years



Less than
1 HOUR
per day

A reduction in screen time can improve sleep patterns and physical development

5-12
years



Less than
2 HOURS
per day

Excluding homework time

WHAT IS A SCREEN?



TV/DVD/BLURAY



Computer



Game
Console



Tablet/Portable
Games



Phone

** Based on Australia's Physical Activity and Sedentary Behaviour Guidelines 2014

TIPS TO MANAGE SCREEN TIME



Remove screens from meal times
& eat together as a family



Keep a balance & set daily
screen time limits



Take toys or books instead
of devices when going out



Make bedrooms
screen-free zones



Make family time more active



Break up long
periods of inactivity



Swap screen time for active
play & encourage outdoor play



Adults - model good habits &
reduce your own screen time



Play active video
games together

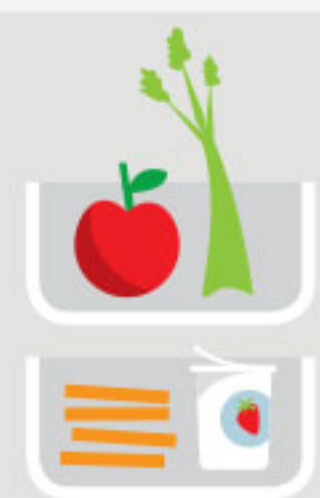
choose HEALTHY SNACKS

Healthy snacks are important to help meet children's nutrition needs. Choose snacks based on vegetables, fruit, milk, cheese, yoghurt and wholegrain breads, crackers and cereals.

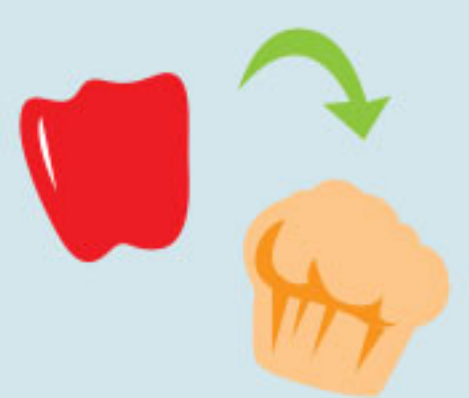
TIPS TO PLAN HEALTHY SNACKS



Include a
vegetable and
fruit snack
each day



Keep a range of
healthy snacks
in the fridge
and pantry



Add vegetables
into homemade
snacks (muffins,
pikelets, scones
and slices)



Get your kids
to help prepare
snacks



Cut up vegetables
and fruits so they
are easier to eat
for snacks during
the week



Show kids you
enjoy eating
healthy snacks

WHAT IS A HEALTHY SNACK?



INCLUDE FRESH FOODS & WHOLEGRAIN VARIETIES AS SNACKS



*wholegrain rice crackers



*real cheese from dairy section



SOMETIMES FOODS - NO MORE THAN 1 A DAY AND ONLY SMALL AMOUNTS

