







Meals for Children



Children have high nutrition needs for their little size. Low nutrient foods such as lollies, chips, soft drink and other “junk food” should not be eaten every day.

Healthy ‘filling’ foods may help prevent them from grazing on too many snacks.

Healthy Snacks between Meals

-  • Soft fruit.
- Cheese and crackers.
- Milk smoothie. 
- Boiled egg or cold meat. 
- Baked beans on toast. 
- Vegetable sticks & peanut butter.

Breakfast

Wholegrain toast with cheese, baked beans or egg.

Whole-wheat cereal, muesli or porridge with milk.

Chopped fruit and yoghurt or milk smoothie. Plain milk or slightly flavoured milk.

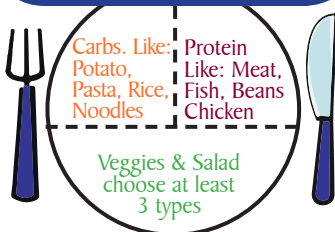
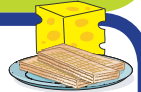


Lunch

Sandwich using multigrain, wholemeal or ‘high-fibre’ white bread. (Try using rolls, wraps and bagels as well).

Fill sandwiches with salads, lean meat, cheese, peanut butter and egg (rather than sugary spreads like jam & honey).

Make rice and pasta meals. 



Dinner should include:

Protein - such as beef, chicken, lamb, fish, eggs or legumes

Vegetables - use 2-3 types and a variety of colours.

Carbohydrate - such as pasta, noodles, rice or bread.

