

# LEAPS

learning eating active play sleep

## Custard

LEAPS

eating

### Is custard a healthy choice for children?

There are a wide variety of dessert style custards available in supermarkets which range in calcium, saturated fat and sugar levels. Many of these products do not meet the recommended levels for these nutrients and therefore the new Dietary Guidelines consider dessert style custards a **discretionary** food.

However, some pre-bought desert style custards can be considered a healthy choice. To assess whether the product is a healthy choice, read the nutrition information panel on the product. When choosing dessert style custards only buy products that have:

<b>Sugar:</b>	Less than 15g per 100g
<b>Saturated Fat:</b>	Less than 3g per 100g
<b>Calcium:</b>	More than 100mg per 100g

Home-made custard is another healthier choice, with most of these types of custards containing less than 10g of sugar per 100g and 1.5g of saturated fat per 100g.

For more information visit the Food Foundations website [www.naqlld.org/category/food-foundations](http://www.naqlld.org/category/food-foundations)

#### Tip

To make an even healthier choice try adding half the amount of sugar recommended and add ½ teaspoon of vanilla per one litre milk.