

The main focus of the [Australian Dietary Guidelines](#) for children and adolescents is to help them develop healthy and lifelong eating patterns.

The current guidelines are:

- Guideline 1** To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious foods and drinks to meet your energy needs
- Guideline 2** Enjoy a wide variety of nutritious foods from the five food groups every day
- Guideline 3** Limit intake of foods containing saturated fat, added salt, added sugars and alcohol
- Guideline 4** Encourage, support and promote breastfeeding
- Guideline 5** Care for your food; prepare and store it safely

A wide range of nutritious foods should be offered to Outside School Hours Care (OSHC) aged children and adolescents, ensuring enough essential nutrients are provided to meet their nutrition requirements for good health, growth and development. The recommended daily dietary intake for children and adolescents aged 4 to 18 years is shown below.

Minimum recommended number of serves from each of the Five Food Groups per day*

Food Group	4 – 8 years		9 – 11 years		12 – 13 years		14 – 18 years	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Vegetables and legumes/beans	4 ½	4 ½	5	5	5 ½	5	5 ½	5
Fruit	1 ½	1 ½	2	2	2	2	2	2
Grain (cereal) foods	4	4	5	4	6	5	7	7
Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans	1 ½	1 ½	2 ½	2 ½	2 ½	2 ½	2 ½	2 ½
Milk, yoghurt, cheese and/or alternatives	2	1 ½	2 ½	3	3 ½	3 ½	3 ½	3 ½
Additional serves for more active, taller or older children and adolescents								
Approx. number of additional serves from the Five Food Groups or unsaturated spreads and oils or discretionary choices	0 – 2 ½	0 – 1	0 – 3	0 – 3	0 – 3	0 – 2 ½	0 – 5	0 – 2 ½

* Includes an allowance for unsaturated spreads or oils and nuts or seeds: 1 serve [7–10g] per day for children 3–12 years of age, 1/2 serves [11–15g] per day for children 12–13 years of age, and 2 serves [14–20g] per day for adolescents 14–18 years of age.

What is a serve?

Food Group	Serve Size
Vegetables and legumes/beans	<p>A standard serve of vegetables is about 75g or:</p> <ul style="list-style-type: none"> • ½ cup cooked green or orange vegetables (e.g. broccoli, carrots, pumpkin) • ½ cup cooked, dried or canned beans, peas or lentils (preferably with no added salt) • 1 cup green leafy or raw salad vegetables • ½ cup sweet corn • ½ medium potato or other starchy vegetables (e.g. sweet potato, taro, cassava) • 1 medium tomato
Fruit	<p>A standard serve of fruit is about 150g or:</p> <ul style="list-style-type: none"> • 1 medium apple, banana, orange or pear • 2 small apricots, kiwi fruits or plums • 1 cup diced or canned fruit (with no added sugar) • Or only occasionally: <ul style="list-style-type: none"> ○ 125mL (1/2 cup) fruit juice (with no added sugar) ○ 30g dried fruit (e.g. 4 dried apricot halves, 1 ½ tablespoons of sultanas)
Grain (cereal) foods	<p>A standard serve is:</p> <ul style="list-style-type: none"> • 1 slice (40g) bread • ½ medium (40g) roll or flat bread • ½ cup (75 – 120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa • ½ cup (120g) cooked porridge • 2/3 cup (30g) wheat cereal flakes • ¼ cup (30g) muesli • 3 (35g) crispbreads • 1 (60g) crumpet • 1 small (35g) English muffin or scone
Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans	<p>A standard serve is:</p> <ul style="list-style-type: none"> • 65g cooked lean meat such as beef, lamb, veal, pork, goat or kangaroo (about 90g – 100g raw) • 80g cooked lean poultry such as chicken or turkey (100g raw) • 100g cooked fish fillet (about 115g raw weight) or one small can of fish • 2 large (120g) eggs • 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt) • 170g tofu • 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

<p>Milk, yoghurt, cheese and/or alternatives</p>	<p>A standard serve is:</p> <ul style="list-style-type: none"> • 1 cup (250mL) fresh, UHT long life, reconstituted powdered milk or buttermilk • ½ cup (120mL) evaporated milk • 2 slices (40g) or 4 x 3 x 2cm cheese cube (40g) of hard cheese, such as cheddar • ½ cup (120g) ricotta cheese • ¾ cup (200g) yoghurt • 1 cup (250mL) soy, rice or other cereal drink with at least 100mg of added calcium per 100mL
<p>Discretionary choices (only sometimes and in small amounts)</p>	<p>A standard serve is:</p> <ul style="list-style-type: none"> • 2 scoops (75g) icecream • 2 slices (50 – 60g) processed meats, salami or mettwurst • 1 ½ thick or 2 thin (50 – 70g) regular sausages • ½ snack size packet (30g) salty crackers or crisps • 1 (40g) doughnut • 1 slice (40g) plain cake/small cake-type muffin • 5 – 6 (40g) sugar confectionary/small lollies • 1 tablespoon (60g) jam or honey • ½ bar (25g) chocolate • 2 tablespoons (40g) cream • 1 tablespoon (20g) butter • 1 can (375mL) soft drink (sugar-sweetened) • ¼ pie or pastie (60g) commercial meat pie or pastie (individual size) • 12 (60g) fried hot chips