

The Australian Guide to Healthy Eating

A Teacher's Guide

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

"EAT FOR HEALTH"

The New Australian Dietary Guidelines and Australian Guide to Healthy Eating for School Aged Children

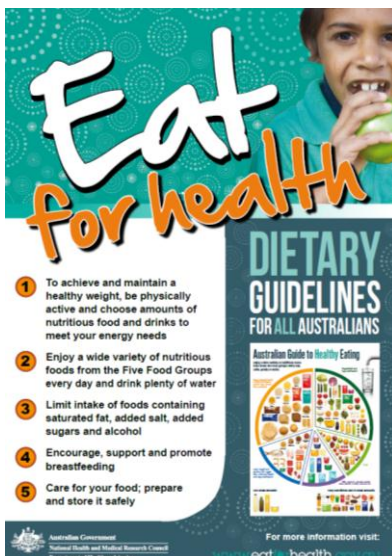
In February 2013, the National Health and Medical Research Council (NHMRC) released the revised version of the Australian Dietary Guidelines and the Australian Guide to Healthy Eating. The 2013 Dietary Guidelines are based on a review of over 50 000 scientific journals.

The aim of the Australian Dietary Guidelines and Australian Guide to Healthy Eating, are to give advice to Australians on eating for good health and well being.

The Australian Dietary Guidelines are a set of five broad statements which give all Australians information about the food group types, amounts, and patterns of eating we should be following to:

- Promote health and wellbeing
- Reduce the risk of diet-related conditions such as high cholesterol, high blood pressure and obesity
- Reduce the risk of chronic diseases such type 2 diabetes, cardiovascular disease and some types of cancers.

The Dietary Guidelines poster and Australian Guide to Healthy Eating poster, along with lots of other important information, can be accessed via www.eatforhealth.gov.au. You may even like to order free copies of these for your classroom.



Dietary Guidelines for all Australians - 2013

NAQ Nutrition's **Food Smart Schools** team has developed this booklet to provide teachers with a resource that will support them when engaging students in units which include nutrition. It will further enable teachers to be confident in the accuracy and currency of the information relating to Australian dietary and nutrition recommendations that they are conveying to students.

It is not intended that all messages within this booklet must be passed onto students, as this will vary depending on the type of activity you are undertaking, the topics being covered, and the age/ability levels of students.

For more information visit www.foodsmartschools.org

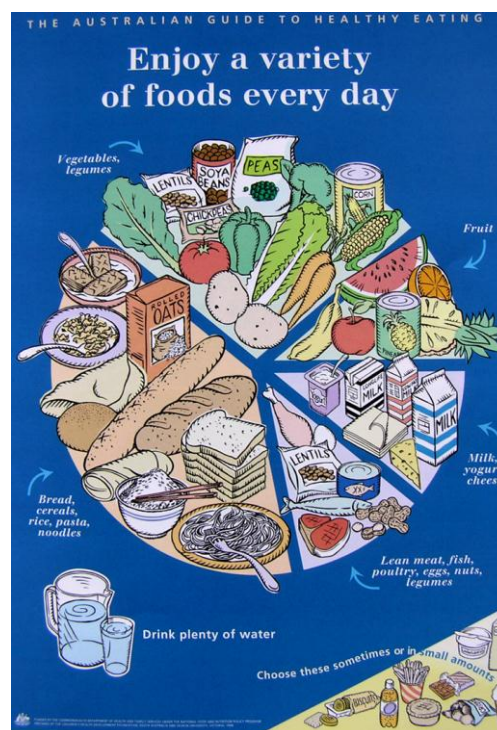
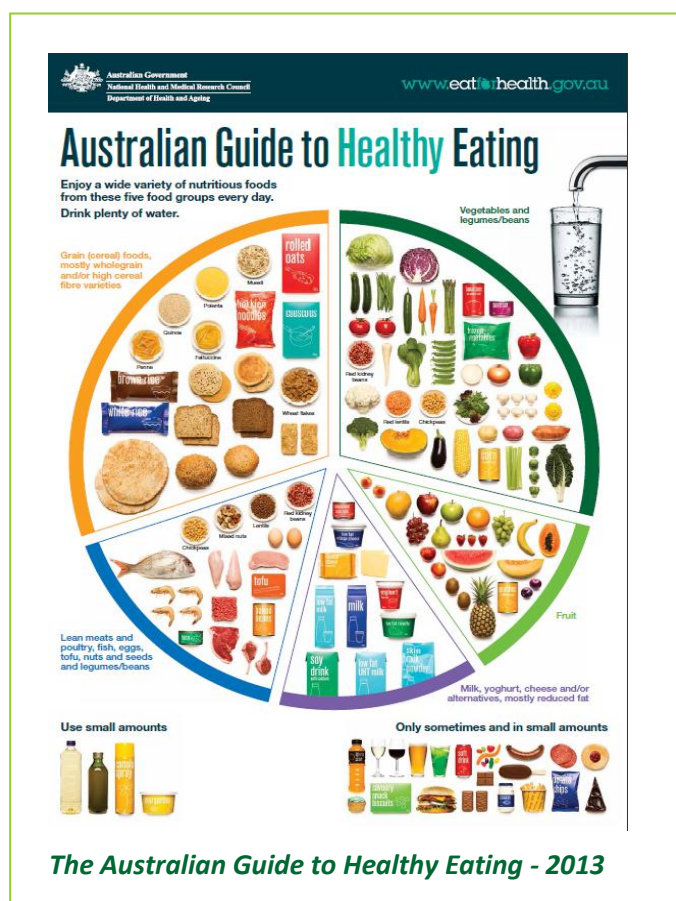
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The Australian Guide to Healthy Eating is the pictorial representation of the Australian Dietary Guidelines and the Five Food Groups serve size recommendations. This has replaced the 2003 version you may already be familiar with.



Exploring the new Australian Dietary Guidelines

The 2013 Australian Dietary Guidelines have many similarities with the 2003 recommendations, however, due to new research there are some changes. The evidence base has strengthened for the following:

- The association between the consumption of sugar sweetened drinks and the risk of excessive weight gain in both children and adults.
- The health benefits of breast feeding.
- The association between the consumption of milk and decreased risk of heart disease and some cancers.
- The association between the consumption of fruit and decreased risk of heart disease.
- The association between the consumption of non starchy vegetables and the decreased risk of heart disease and excessive weight gain.

Below are each of the detailed guidelines which can also be found at www.eatforhealth.gov.au

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Dietary Guidelines for all Australians

GUIDELINE 1:

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs:

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active everyday and their growth should be checked regularly.
- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

GUIDELINE 2:

Enjoy a wide variety of nutrition food from these five food groups everyday:

- Plenty of vegetables, including different types of colours, legumes/beans.
- Fruit.
- Grain (cereal) foods, mostly wholegrain and/or high fibre varieties such as breads, cereals, rice, pasta, noodles, polenta, cous cous, oats, quinoa, and barley.
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans.
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years).
- And drink plenty of water.

GUIDELINE 3:

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol:

- Limit intake of foods high in saturated fat, such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil, with foods which contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
 - Low fat diets are not suitable for children under the age of 2 years.
- Limit intake of foods and drinks containing added salt.
 - Read food labels to choose lower sodium options amongst similar foods.
 - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionery, sugar sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.
- If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy, or breastfeeding, not drinking alcohol is the safest option.

GUIDELINE 4:

Encourage, support and promote breastfeeding

GUIDELINE 5

Care for your food; prepare and store it safely

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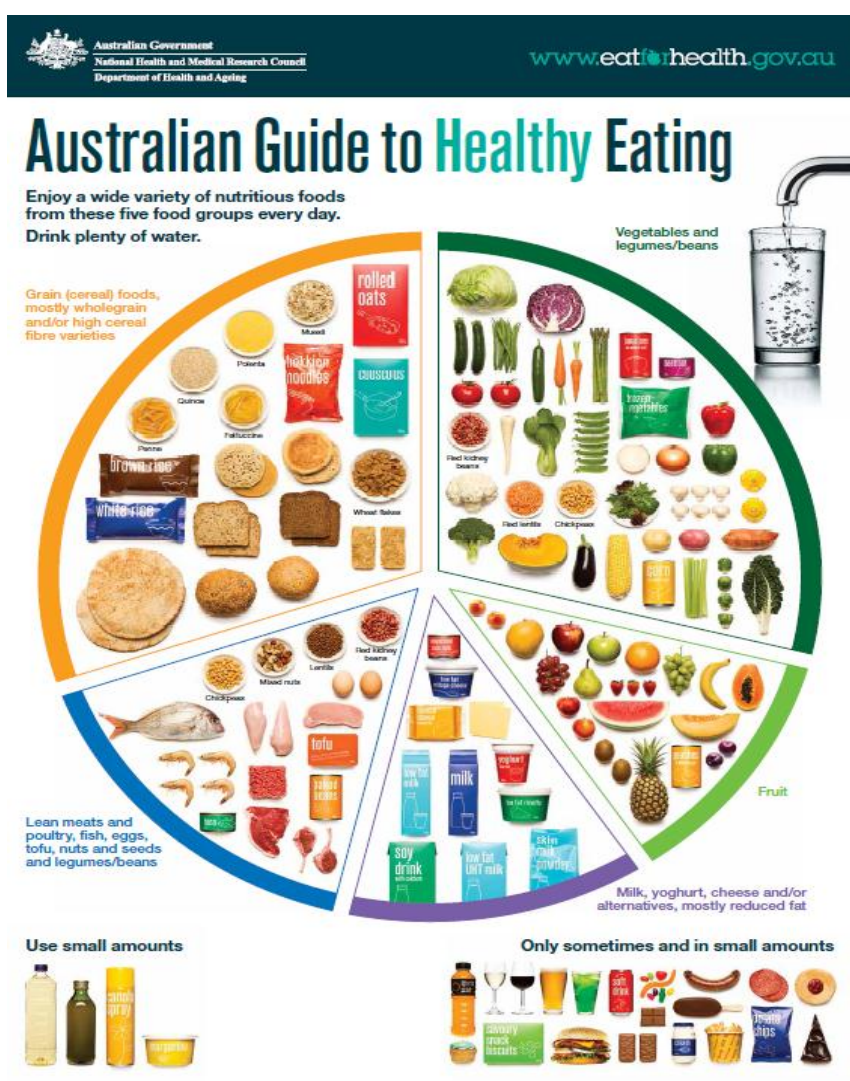
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Australian Guide to Healthy Eating

Below and on the following pages is a summary of each of the food groups. More information, including copies of *Healthy Eating for Children* can also be found at www.eatforhealth.gov.au.



Now let's take a closer look at each of the food groups according to the Australian Guide to Healthy Eating and what we should be recommending for school aged children.

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VEGETABLES AND LEGUMES/BEANS

This group includes:



- **Dark green or cruciferous vegetables:** broccoli, brussels sprouts, bok choy, cabbage, cauliflower, kale, lettuce, silverbeet, spinach, snow peas
- **Root/ tubular/ bulb vegetables:** potato, cassava, sweet potato, carrots, beetroot, onions, shallots, garlic, bamboo shoots, swede, turnip
- **Legumes/ beans:** red kidney beans, soybeans, lima beans, cannellini beans, chickpeas, lentils, split peas, tofu
- **Other vegetables:** tomato, celery, sprouts, zucchini, squash, avocado, capsicum, eggplant, mushrooms, cucumber, okra, pumpkin, green peas, green beans

Vegetables provide a broad range of vitamins and minerals.

- Eat a variety of coloured vegetables each day to maximise the nutrients and health benefits from this group.

Eat a range different coloured vegetables because each vegetable contains a different range of vitamins and minerals.

For example:

- Capsicum, broccoli, cauliflower, cabbage and tomatoes are high in vitamin C.
- Dark green and orange vegetables such as spinach, carrots, pumpkin, sweet potato and broccoli are high in vitamin A which helps with eyesight.
- Vegetables such as peas, beans, avocados, beetroot and lentils are a good source of folate.
- Vegetables such as sweet potatoes, potatoes, corn and green peas provide carbohydrates which are used as a fuel source by the body.



Vegetables and legumes contain fibre which helps keep your bowel regular.

Consuming a diet high in vegetables and legumes can help **reduce the risk of chronic diseases** such as heart disease, type 2 diabetes and some types of cancers.

Choosing vegetables in season will reduce the cost.

Fresh, frozen, canned and dried varieties of vegetables and legumes are included in this group.

- When selecting canned varieties to choose those that are low in salt (less than 120mg/100g).

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What is a serve?

- ½ cup cooked green or orange vegetables
- ½ cup cooked or canned (no added salt) dried beans, peas, lentils
- 1 cup green leafy vegetables or raw salad vegetables (raw)
- 1 medium tomato
- 1 small or ½ medium potato or equivalent starchy vegetable such as sweet potato, taro, or cassava or ½ cup sweet corn



Vegetables such as tomatoes and pumpkins are **technically classified as fruit** due to the presence of seeds, but are included in the vegetable group because they have a similar nutritional profile to the other foods in this group.

Legumes and beans are also included in this group. Legumes are included due to their high fibre, vitamin and mineral content. Legumes also contain protein which is why they feature in the meat and alternatives group as well.

Fried vegetables, chips and crisps are not included in the vegetable group and their intake needs to be limited due to their high kilojoule, sodium and fat content. Such items are identified as discretionary choices alongside vegetables that are pickled, salted, dried.

So how much should school aged children be eating from this food group?



		Serves per day				
		2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys		2½	4½	5	5½	5½
Girls		2½	4½	5	5	5

Vegetables and legumes/beans

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FRUIT

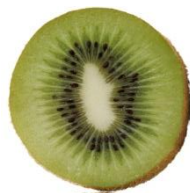
This group includes:



- **Pome fruits** such as apples and pears
- **Citrus fruits** such oranges, mandarins and grapefruit
- **Stone fruits** such as apricots, cherries, peaches, nectarines and plums
- **Tropical fruit** such as bananas, paw paw, mangoes, pineapple and melons
- **Berries**
- **Other fruits** such as grapes and passionfruit

Eat variety of different fruits, to maximise the nutrients and health benefits from this group.

- Consume fruit in a variety of colours because each fruit contains different vitamins and minerals and variety makes eating more interesting and appealing.



Fruits provide us with carbohydrates. Carbohydrates are used as a fuel source for the body and brain and are an important part of a healthy diet.



Fruit is high in fibre which helps with bowel regularity. The fibre of fruit is found in both the skin and the flesh although the skin has higher amounts.

The sweetness of fruit comes from its natural sugars (carbohydrate), which often makes them appealing to adults and children alike.



A wide variety of fruit is grown within and is readily available in Australia, although this is not reflected by our intake with many Australians not consuming the recommended number of fruit serves.

Fresh, frozen and canned fruits are all part of this food group. It is best to avoid fruits canned in syrup and choose varieties canned in natural juice or water instead.



What is a serve?

One Serve =

A serve of fruit has been based on about 150g fruit and 350kJ

- 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 occasionally as a substitute for other foods in the group

- ½ cup (125mL) 100% fruit juice (no added sugar)
- 30g dried fruit (for example 4 dried apricot halves or 1 ½ tablespoons of sultanas)

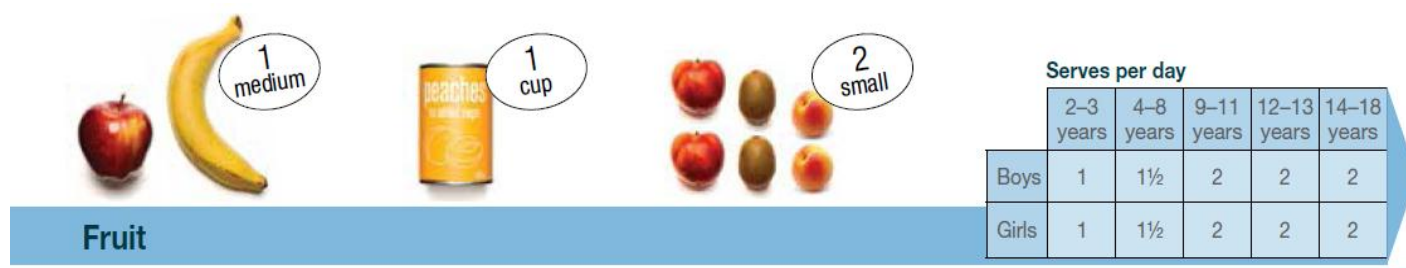
Fruit Juice and Dried Fruit:

The new 2013 guidelines state that the use of fruit juice and dried fruit as substitutes for other fruit serves, should be only an “occasional” practice.

Fruit juice does not contain fibre while whole fruits do. Fruit juices are acidic, if consumed regularly, they could increase risk of dental erosion. Fruit juice is a more kilojoule dense way to consume fruit.

Dried fruit is sticky, often getting stuck on teeth and therefore increasing the chances of tooth decay. While no extra sugar is generally added to dried fruit, because the water content has been reduced or removed, it is a more concentrated source of naturally occurring sugars and therefore more kilojoule dense, and it can be very easy to over consume dried fruit.

So how much should school aged children be eating from this food group?



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GRAIN (CEREAL FOODS), MOSTLY WHOLEGRAIN AND /OR HIGH CEREAL FIBRE VARIETIES SUCH AS BREADS, CEREALS, RICE, PASTA, NOODLES, POLENTA, COUS COUS, OATS, QUINOA, AND BARLEY

This group includes:



- **Breads:** wholemeal, wholegrain, white, rye, pita, lavash, naan, foccacia, crispbreads, damper
- **Breakfast Cereals:** ready to eat, high fibre (wholegrain) oats, porridge, muesli, whole-wheat biscuits
- **Grains:** rice, barley, corn, polenta, buckwheat, spelt, millet, sorghum, triticale, rye, quinoa, semolina
- **Other products:** pasta, noodles, English muffin, crumpet, rice cakes, cous cous, popcorn, flour

Grains and cereals provide carbohydrate - which muscles and the brain use for fuel and energy.

Wholegrain or wholemeal grain and cereal varieties from this group, provide greater amounts of fibre, vitamins and minerals than refined grains such as white bread.

Carbohydrate is the best energy source for the brain, which is why, when students get hungry or skip important meals such as breakfast, it's hard for them to concentrate.

The fibres from wholegrains are especially useful in keeping the digestive track healthy and can assist in common conditions such as constipation.

Due to the higher fibre content, wholegrain foods keep us fuller for longer and help us concentrate better.

There is some evidence to suggest that wholegrain foods can reduce the risk of heart disease, colon cancer, diabetes and diverticular disease.



This food group contains:

- Carbohydrate
- Protein
- Fibre
- A large range of important vitamins and minerals for children's growth including; B group vitamins (folate, thiamine, riboflavin, niacin) iron, vitamin E, zinc, magnesium and phosphorous.

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What is a serve?

One serve =

- 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) crispbread
- 1 (60g) crumpet
- 1 small (35g) English muffin



Grain and cereals foods which have high amounts of saturated fat and sugar added such as cakes, pies, muffins, pastries and biscuits are not included in this group. They are termed 'discretionary foods' and should only be eaten occasionally in line with age appropriate recommendations.

So how much should school aged children be eating from this food group?



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	4	4	5	6	7
Girls	4	4	4	5	7

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LEAN MEAT AND POULTRY, FISH, EGGS, TOFU, NUTS AND SEEDS AND LEGUMES/BEANS

This group includes:



- **Lean meats:** beef, lamb, veal, pork, kangaroo
- **Poultry:** chicken, turkey, duck, emu, bush birds
- **Fish and Seafood:** fish, prawns, crab, lobster, mussels, oysters, scallops, clams
- **Eggs:** chicken eggs, duck eggs
- **Nuts and Seeds:** almonds, brazil nuts, pine nuts, walnuts, macadamia, hazelnuts, cashews, peanuts, nut spreads, pumpkin seeds, sesame seeds, sunflower seeds,
- **Legumes/beans:** all beans, lentils, chick peas, split peas and tofu

Foods in this group are **a good source** of:

- Protein
- Iron
- Zinc
- Vitamin B12 (in animal foods)
- Essential fatty acids



Choose lean meat options and/or remove the visible fat from the meat prior to cooking to reduce the total amount of saturated fat consumed.

In Australia, we typically enjoy consuming foods from this group and generally most individuals consume adequate protein in their daily diets.

Fish and seafood, especially oily fish such as salmon or tuna, are good sources of omega-3 fats and regular consumption of fish may help to reduce risk of heart disease, stroke and dementia.



Iron is important for growing children and adolescents.

- Lean red meats tends to provide the richest and most well absorbed source of iron.
- Iron (and zinc) found in animal foods is generally better absorbed than those found in the plant varieties including nuts, seeds and legumes.
- Vitamin C found in fruit and vegetables, assists with the absorption of iron from no animal sources.
- Following the recent review of the Australian Dietary Guidelines, it would seem that many children, especially teenage girls, need to eat more from this food group than they currently do.

You may have noticed that legumes/beans appear in this group as well as the vegetable group. For **vegetarians and vegans**, these foods are a key source of nutrients, particularly protein and iron, and need to be included regularly to ensure their diet is nutritionally balanced.

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What is a serve?

One serve =

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can 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)*

*only to be used occasionally as a substitute for other foods in the group

Sausages can be high in saturated fat and are classified as a discretionary food choice according to the Australian Guide to Healthy Eating. It is recommended the consumption of sausages be limited. If purchasing sausages, it is best to select lean or reduced fat versions and boil or fry in a non-stick pan or BBQ.

Processed meats, such as salami are high in salt and saturated fats are classified as discretionary choices and their intake limited.

Fresh, frozen and canned varieties of meat, poultry or fish are included in this group. It is important to ensure canned varieties are low in fat and low in salt (no added salt) and canned in water rather than in oil or brine.

So how much should school aged children be eating from this food group?



Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1	1½	2½	2½	2½
Girls	1	1½	2½	2½	2½

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MILK, YOGHURT, CHEESE AND/OR THEIR ALTERNATIVES (MOSTLY REDUCED FAT)(*)

This group includes:



- **Milk** – all reduced fat or full cream milks, plain and flavoured, long life milks, powdered milk, evaporated milk, soy beverages (fortified with at least 100mg calcium/100mL)
- **Yoghurt** – all yoghurts including reduced fat or full cream, plain and flavoured, soy yoghurt (calcium fortified)
- **Cheese** – all hard cheeses, reduced fat or full fat, for e.g. cheddar, red Leicester, Gloucester, Edam, Gouda, Soy cheeses (calcium enriched)

()Reduced fat versions are not suitable for children under the age of two years. For most people (over the age of 2) reduced fat is a suitable choice.*

Milk, cheese and yoghurt, are an important source of readily absorbed calcium.

- Calcium plays an important role in developing stronger bones and teeth and muscle function.



They are also a good source of protein, carbohydrate, iodine, vitamin A, vitamin D, riboflavin, vitamin B12 and zinc.

Consumption of milk, cheese and yoghurt has been shown to protect against heart disease, stroke, high blood pressure and type 2 diabetes.

Children who cannot have or choose not to have milk products

(e.g. if lactose intolerant, have milk allergies, or are vegan) are able to meet their calcium requirements through the consumption of calcium-enriched dairy alternatives such as soy, rice, almond or oat milk and soy or lactose free yoghurts and cheeses.

These non-dairy alternatives do not naturally contain calcium, select products labelled as calcium-fortified. The recommended level of calcium fortification in these products is 100mg/100mL.

Many of the alternative milks, with the exception of soy milk products, may not be a good source of protein and other key nutrients found in milk and products made from milk.

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What is a serve?

One Serve =

- 1 cup (250mL) fresh, UHT long life, reconstituted powder milk or buttermilk
- ½ cup (120mL) evaporated milk
- 2 slices (40g) or 4 x 3 x 2 cm 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 calcium added per 100mL.

The following alternatives contain about the same amount of calcium as a serve of milk, yoghurt or cheese:

- 100g almonds (about ½ cup) with skin
- 60g sardines (about 5 sardines), canned in water
- 100g (about ½ cup) pink salmon, or Australian salmon with bones
- 100g firm tofu (check label for calcium levels).

Some cheeses such as cottage cheese or fetta contain less calcium and a higher sodium content than other cheeses such as cheddar.

Milk based products such as ice-cream, cream and other dessert style foods such as custard, are not included in this group due to their higher sugar and saturated fat content. These items are classified as discretionary choices in the Australian Dietary Guidelines.

So how much should school aged children be eating from this food group?



Milk, yoghurt, cheese and/or alternatives,
mostly reduced fat

Serves per day

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years
Boys	1½	2	2½	3½	3½
Girls	1½	1½	3	3½	3½

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WATER



Tap water in Australia is an ideal drink:

- it is inexpensive
- tastes good
- has no hidden sugar
- fluoridated tap water helps develop strong bones and teeth.

Water requirements for each person, including children, will depend on their age, life stage, climate they live in and how active they are.

Choosing water as the preferred drink throughout the day will keep children hydrated, and this is especially important when children are active.



Soft Drinks



Energy Drinks



Sports Drinks

Consumption of drinks with added sugars, such as cordial and soft drinks, flavoured waters, energy drinks, sports drinks etc, can increase the risk dental decay and excess kilojoule intake (and therefore weight gain) in children and intake should be limited.

Soft drinks (both those containing sugar and those that are artificially sweetened), energy drinks and sports drinks, are often very acidic and this can increase risk of dental erosion.

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Foods and drinks which are not part of the Five Food Groups are shown outside the central “plate” (or main circle) in the Australian Guide to Healthy Eating

There are 2 groups:

- Unsaturated spreads and oils
- Discretionary choices

UNSATURATED SPREADS AND OILS

There is an allowance in the new Australian Guide to Healthy Eating for healthy (unsaturated) fats and oils. These can be found as:

Unsaturated fats:

- Seeds, Nuts
- Legumes/beans
- Avocado
- Oats
- Fish
- Lean grass fed meat
- Poultry
- Eggs

Polyunsaturated fats:

- Sunflower and safflower seeds
- Soybeans
- Cottonseeds
- Sesame seeds
- Corn and grape seeds

Use small amounts



Foods with mostly monounsaturated fats:

- Canola seeds
- Most nuts
- Avocados and olives

Small amounts of unsaturated fats and oils have been shown to be important for good health and need to be included in the diet. They are high in kilojoules, they should only be used in small amount

What is a serve?

One Serve =

- 10g polyunsaturated spread
- 10 g monounsaturated spread
- 7g monounsaturated or polyunsaturated oil (for example: olive, rice bran, canola or sunflower oil)
- 10g tree nuts or peanuts or nut pastes/butters



So how much should school aged children be eating from this food group?

	Serves/day			
	2-3 years	3-12 years	12-13 years	14-18 years
Boys & Girls	½ serve	1 serve	1 ½ serves	2 serves

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DISCRETIONARY CHOICES

Foods and drinks considered discretionary choices are:

- high in saturated fat
- high in added sugar
- high in salt
- alcohol

They are not a necessary part of the diet due to their poor nutritional profile.

Only sometimes and in small amounts



Discretionary foods are energy dense and nutrient poor, meaning they provide a lot of kilojoules and very few nutrients in a small volume of food or drink.

These foods generally have low levels of important vitamins and minerals, and frequent consumption of such foods may replace consumption of healthy, nutritious foods from the fruit, vegetable, lean meat, dairy and grains and cereals groups.

Foods and drinks high in sugar include:

- soft drinks
- sports drinks
- lollies
- jams and honey

Foods high in saturated fat include:

- bacon
- butter
- fried foods
- crisps
- pastries
- pies
- commercial burgers.

Foods high in both saturated fat and sugars include:

- cakes
- biscuits
- doughnuts
- chocolate
- ice-cream
- muffins
- muesli bars

Consumption of these foods may increase risk of chronic diseases such as obesity, heart disease, stroke, type 2 diabetes and some types of cancer.



Foods high in sugar contribute to tooth decay.

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What is a serve?

One Serve (500-600kJ) =

- 2 scoops (75g) ice-cream
- 2 slices (50-60g) processed meats, salami or mettwurst
- 1.5 thick or 2 thin (50-70g) regular sausages
- ½ snack size packet (30g) salty crackers or crisps
- 2-3 (35g) sweet plain biscuits
- 1 (40g) doughnut
- 1 slice (40g) plain cake/small cake-type muffin
- 5-6 (40g) sugar confectionery/small lollies
- 1 tbsp (60g) jam or honey
- ½ bar (25g) chocolate
- 2 tbsp (40g) cream 1 tbsp (20g) butter
- 1 can (375mL) soft drink (sugar sweetened)
- ¼ pie or paste (60g) commercial meat pie or pastie (individual size)
- 12 (60g) fried hot chips

Currently Australian children are consuming around 41% of their total daily energy from discretionary foods items².

There is a high likelihood children are missing out on a range of important foods and nutrients from the five food groups which are essential to good health and appropriate growth.

The intake of discretionary foods should be limited in line with age appropriate recommendations and in small amounts.

So how much should school aged children be eating from this food group?

Once children have met all of their required daily serves from each of the Five Food Groups, there is actually little allowance for the kilojoules that come from this discretionary food group, unless the child is tall for their age or very active. As such, the recommendations are as follows:

	0-8 years	9-18 years
Boys	0-0.5 serves per day (up to 2 serves if taller and more active)	0-2.5 serves per day (if active and not above healthy weight range)
Girls	0-0.5 serves per day (up to 2 serves if taller and more active)	0-2.5 serves per day (if active and not above healthy weight range)

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References:

1. National Health and Medical Research Council. (2013). *Eat for health: Australian dietary guidelines, summary*. Canberra, Australia: Department of Health and Ageing.
2. National Health and Medical Research Council. (2013). *Eat for health: Educator guide, information for nutrition educators*. Canberra, Australia: Department of Health and Ageing.

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