

# Tuckatalk

## Healthy lifestyles for healthy bodies



Canberra Health Services

Teaching children healthy eating habits when they are young helps them build life long healthy bodies.

It is important to set an example. Eat a variety of foods from the five food groups as recommended by the Australian Guide to Healthy Eating, drink plenty of water and be physically active every day.

### Setting healthy habits

As a parent, or carer, your role is to decide

What food is offered

When food is offered

Where food is offered

It is your child's role to decide

Whether to eat food that is offered

How much to eat

- Offer 5-6 planned meals and snacks each day.
- Serve the same healthy meals to the whole family.
- Offer children a smaller meal size than adults.
- Allow children to serve themselves.
- Encourage children to help prepare meals to increase their exposure to different foods and become used to a wider variety of foods.
- Sharing meals is a great way to be together and enjoy eating. Turn off the TV, mobile phones and other devices and talk about what has happened during the day.

Talk about foods as 'everyday foods' and 'sometimes foods', rather than labelling them as good or bad, healthy or unhealthy.



### The "Five Onlys"

To help build structured meals and snacks, follow the "Five Onlys"

Eat **only** at the table

Eat **only** while seated

Eat **only** from a plate or lunchbox

**Only** eat (avoid distractions such as TV and other devices)

Eat **only** during planned meals and snacks

### Encourage children to listen to their body

Ask questions to help your child tune into their hunger and fullness signals so that they can eat in a way that is right for them. For example:

- 'What does hunger feel like for you?'
- 'How do you know when you have eaten enough?'
- 'Is your tummy still hungry?' or 'Have you had enough to eat?'
- Remind your child to eat slowly and to chew their food well.
- Allow children to leave food on the plate when they have had enough.
- Talk to your child about whether they are eating in response to their true hunger or for other reasons such as boredom or habit (this is called non-hungry eating).

## Provide a variety of healthy foods every day

Children need a variety of foods from each of the five food groups. Offer plenty of wholegrain breads, cereals, pasta and noodles, fruit and vegetables, meat, chicken, fish and/or legumes (such as lentils, chickpeas), eggs, nuts, and reduced fat milk, yoghurt and cheese.

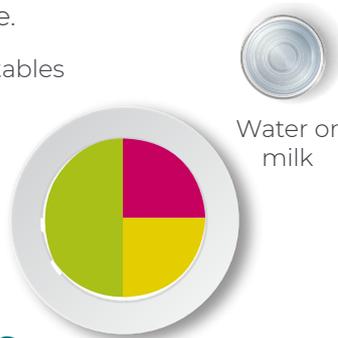
## Portion plate for children

Provide children with a variety of food using the food plate below as a guide.

 Variety of fruits and vegetables

 Meat, fish, poultry, eggs, legumes, nuts and seeds

 Wholegrain or wholemeal bread, cereal, noodles, pasta, rice



## Simple meal ideas

- Homemade crumbed fish with potato and salad.
- Chicken or meat stir fry with vegetables and rice.
- Tuna pasta salad.
- Meatballs, pasta and salad.
- Mini homemade pizzas (include vegetables).
- Risotto with chicken, pumpkin, corn or spinach.
- Bean and vegetable soup with a crusty bread roll.

## Healthy snacks that satisfy

- Wholegrain crackers with spread, cheese or tomato.
- Vegetable sticks with crackers and reduced fat dip.
- Baked beans or peanut butter on toast.
- Bowl of high fibre cereal with reduced fat milk.
- Small handful of nuts.
- Reduced fat yoghurt, plain milk or a fruit smoothie.
- Fresh, canned or dried fruit.
- Plain popcorn.

## Swap it!

- Try margarine, avocado, hummus, cream cheese, mustard or pickles instead of butter.
- Swap soft drink or cordial with water or soda water and a little juice for taste.
- Cut the fat off meat and marinate for flavour.
- Remove skin from chicken.
- Instead of potato crisps, try popcorn, pretzels, rice crackers or homemade pita chips.
- Swap cakes and biscuits for raisin toast, crumpets, scones, low fat muffins or pikelets.

## Choose water

- Take a water bottle when you go out.
- Serve water or reduced fat milk at each meal and snack.
- Always have a jug of tap water in the fridge.
- Set an example and drink water yourself.

## Keep active

- Children need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity each day.
- Consider walking or riding to school, going to the playground, jumping a rope or kicking a ball in the backyard.
- Limit electronic media for entertainment (such as TV and computers) to 2 hours or less each day.



## Where can I find out more information?

Make an appointment with a Canberra Health Services Community Dietitian by phoning (02) 5124 9977

Go to [www.canberrahealthservices.act.gov.au](http://www.canberrahealthservices.act.gov.au)

### Acknowledgement of Country



Canberra Health Services acknowledges the Traditional Custodians of the land, the Ngunnawal people. We acknowledge and respect their continuing culture and contribution to the life of this city and region.



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Call (02) 5124 0000



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