

eat well

TIP CARD FOR PARENTS

Healthy foods are important for healthy teeth

- ★ *Your child should enjoy a wide variety of nutritious foods.*
- ★ *Limit the amount of sugary foods and sweets your child eats. If your child eats sweet sticky foods, they are best eaten at mealtimes rather than between meals.*
- ★ *Encourage your child to enjoy healthy snacks.*
- ★ *Choose fresh foods rather than processed foods.*



MUNCHGIRL™

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Offer healthy snacks between mealtimes such as:

- ★ *fresh fruit pieces*
- ★ *plain yoghurt*
- ★ *cheese and dry biscuits*
- ★ *chopped vegetables*
- ★ *sandwiches*

Some great, easy to prepare meal ideas include:

- ★ *lentil or fish burgers*
- ★ *baked beans or scrambled eggs on toast*
- ★ *chicken or beef salad or stir-fry with vegetables*
- ★ *spaghetti bolognese or pasta with vegetarian sauce*

Foods to limit in your child's diet

- ★ *sweetened breakfast cereals*
- ★ *fruit bars, fruit strips and dried fruit*
- ★ *muesli bars or 'health' bars that are high in sugar*
- ★ *cake and biscuits*
- ★ *chocolate and lollies*
- ★ *sweet spreads such as jam or honey*
- ★ *hot chips and potato chips or crisps*
- ★ *meat pies and sausage rolls*
- ★ *ice cream and dairy desserts*

