

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.*



MUNCHGIRL™

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Offer healthy snacks between mealtimes such as...

- ★ fresh fruit pieces and/or 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

Combine fruit, vegetables, bread, pasta, dairy (soy-based calcium enriched foods can be a substitute for dairy), lean meat, fish, legumes, eggs and spreads or dips to make healthy snacks and meals for your child.

Foods that your child should only eat sometimes

- ★ 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

