

EVERYDAY FOODS & SOMETIMES FOODS

Everyday foods ✓

Provide your child with the nutrition they need to grow and develop. Foods to eat everyday include vegetables, fruits, dairy (and alternatives), wholegrains, and meat (and alternatives).



See the next page to find out how much your child needs of these everyday foods!



Remember, water is the healthiest and cheapest drink for your child!



Limit sometimes foods !

Do not provide important nutrients to your child. They are often high in saturated fat, added sugar and/or salt.









Eating sometimes foods can limit the amount of everyday foods your child eats. Too many sometimes foods can lead to poor nutrition, excess weight gain and tooth decay, increasing the risk of longer-term health problems.

If chosen, they should be eaten only sometimes and in small amounts.

How much should my child be eating?

Like you, your child needs a range of everyday foods each day. They just need a smaller amount of food to fuel their smaller bodies.

Food group	Recommended serves for toddlers*	Recommended serves for adults*	What is a serve?
Vegetables 	2.5	5-6	<ul style="list-style-type: none"> • 1/2 medium potato OR • 1/2 cup cooked vegies (i.e., broccoli, spinach carrots, pumpkin) OR • 1 cup green leafy vegies
Fruit 	1	2	<ul style="list-style-type: none"> • 1 medium apple, banana, orange, or pear OR • 2 small plums, kiwi fruit or apricots OR • 1 cup of diced or canned fruit (no added sugar)
Grains (wholegrain) 	4	6	<ul style="list-style-type: none"> • 1 slice of bread OR • 1/2 cup cooked rice, pasta, noodles, quinoa, polenta, porridge OR • 2/3 cup of wholegrain breakfast cereal
Meat and alternatives 	1	2.5-3	<ul style="list-style-type: none"> • 2 large eggs OR • 1 cup cooked or canned lentils, chickpeas or beans OR • 1.5 tbsp nut pastes OR • 65g cooked lean beef, lamb, or pork OR • 80g cooked lean chicken or turkey OR • 100g cooked fish fillet
Dairy and alternatives 	1.5	2.5	<ul style="list-style-type: none"> • 1 cup (250ml) milk OR • 1 cup (250ml) milk alternative (e.g. soy or rice milk) with at least 100mg of added calcium per 100g • 2 slices of cheese OR • 3/4 cup (200g) yoghurt
Healthy fats 	0.5	2-4	<ul style="list-style-type: none"> • 1-2 tsp olive oil or margarine OR • 1-2 tsp of nut pastes OR • 1 tbsp of avocado

*Toddler recommendations are for 2-3 years old. Adult recommendations are for 19-50 years old and do not include recommendations for those pregnant or lactating.



What does this look like?

Below is an example of what a daily food intake for a 2-3 year old might look like. While this is a helpful guide, it is important to remember that how much your child eats will vary from day-to-day. This will depend on a number of things including their appetite, activity levels, and sleep.

Breakfast

Baked beans on wholegrain english muffin



Snack

Vegetable sticks and hommus dip



Lunch

Pasta salad



Snack

Cheese and wholegrain crackers



Dinner

Beef or tofu stir-fry with rice



If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#), [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEkids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.