

getting the balance right

What your child eats now will affect the rest of his or her life. When planning a meal try to use a wide variety of foods - the greater the variety, the better. To get the balance right make sure that your child eats something from each of the following groups every day.

group 1 - protein foods

These foods are high in protein - they are needed for growth and repair of the body, which is vital for growing children.

Beans Milk
Cheese Nuts
Eggs Lentils
Fish Peas
Meat

Protein

group 2 - fats

These foods are important because they provide energy and vitamins. However, they are a concentrated form of energy which means that a tiny bit is enough. Eating too many fatty foods might not always be good for the body. Fat is found in oil, milk, butter, margarine, dairy products and meat. Try not to give your child too many fatty foods - cut down on fried foods, try semi-skimmed or skimmed milk, spread butter or margarine thinly, eat low fat yogurts and trim the visible fat off meat.

Fats

change

4 life

Eat well Move more Live longer

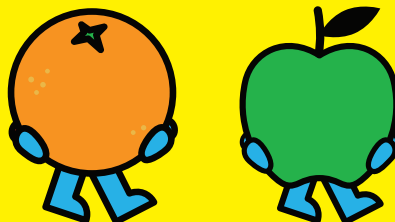
group 3 - fruits & vegetables

Fruits and vegetables are one of the most important foods for giving us enough vitamins, minerals and fibre. We should all try to eat **5** servings a day - raw or cooked, but remember not to overcook them.

Apples
Bananas
Grapes
Melons
Pears
Peaches

Strawberries
Beetroot
Carrot
Tomatoes
Spinach
Onions

and many, many more...



group 4 - starchy carbohydrates

These foods are high in energy, fibre and vitamins. They are also a good source of vegetable protein. Most people don't eat enough carbohydrate foods. It is a good idea to include one of these at every meal.

Bread
Cereals
Chappatis
Crackers

Naan Bread
Pasta
Potatoes
Rice

