

PARENTS' GUIDE TO HEALTHY EATING



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HEALTHY EATING



Strive Student Health Initiative
<https://strivehealth.org.au/>

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Welcome to the Parents' Section. We have created this section specifically to help you make the transition to healthy eating for your children and the rest of your family.

This section of the book will take you through:

- Eating healthily on a budget
- Food knowledge for a healthy and happy child
- Quick, easy recipes that are good for you, and taste great

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THE PURPOSE OF THIS GUIDE

OUR MISSION AT STRIVE

Strive is a student-run health initiative at the University of Melbourne. Our goal is to spread public health information to the community, especially to those that don't have resources readily accessible. It's a difficult mission, but we love what we do.

This guide is a part of our nutrition focus, aimed at families with young children. We believe that introducing healthy habits at early stages is important for the growth and future eating patterns of parents and children.

THE PARENTAL ROLE

Despite not being parents ourselves, we acknowledge how hard it is to be one! It's not only an exciting experience but nerve-racking and tiring, especially for first-time parents. As parents, whilst you want the best for your children, this can be hard when they don't listen and refuse to eat what you've prepared. Sometimes that means opting for what is easy or foods you know they will eat, but may not have all the nutrients they need. Sometimes you might not know enough about what to feed them, which we hope this guide helps! Other times, there are cultural and family beliefs that are involved and can shape the way you raise your children. None of this is wrong, but at the end of the day, a nutritional meal is what your children need most.

We want to emphasise that the role of parents in nutrition is to provide foods that are healthy for children. However, at the end of the day, it is up to the child to decide whether to eat and how much they want. It is important to not force children into eating more than they want. Children are super smart; they have the ability to eat based on how much energy they need and this varies from day-to-day. This may be hard to believe, but it's true and has been covered by dietician [Ellyn Satter](#) (we recommend giving her books a read). The last thing we want is for children to have negative associations with food or to feel body shamed. Remember, every child is different and that's what makes them a bundle of joy to be around.

HEALTHY EATING ON A BUDGET

Supporting your children to make healthy food choices isn't always easy. Colourful advertising and confusing food labels in supermarkets can make it tricky to sort healthy options from junk food, let alone convince your kids to eat whatever it is you're cooking for dinner. But eating healthily doesn't have to be a chore, and it doesn't have to break the bank. Check out our list of tips and tricks below for inspiration!

TIPS AND TRICKS!



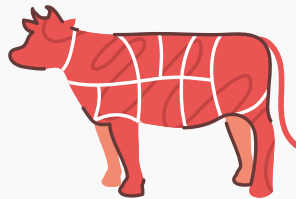
BEFORE HEADING TO THE SHOPS:

1. **Plan meals ahead of time** - this lets you avoid last-minute trips to the store and unplanned expenses. It also saves time and energy in a busy weekly schedule.
2. **Write a shopping list** and stick to it! Only buying what you need saves money and prevents food waste.
3. **Don't shop when you're hungry** - you're much more likely to put extras in your basket.
4. Keep an eye on **supermarket catalogues** and bulk-buy staples when they are on sale. But don't get tricked into buying the junk food that is on sale!

HEALTHY EATING ON A BUDGET

WHILST AT THE SUPERMARKETS:

1. Look for frozen or canned fruits and vegetables. These may be cheaper than fresh produce not in season and can be stored for longer. Try to choose products that are stored in natural juice, no added syrup or reduced salt alternatives, where available.
2. Buy fresh food that is in season! Check out the [Seasonality Calendar](#) by the Queensland government to learn about the seasonality of key fruits and vegetables.
3. Buy the cheaper cuts of meat, such as beef chuck or bone-in chicken thighs/drumsticks. They can taste just as good and bigger cuts can be used in several meals.
 - a. Go to your butcher instead of pre-packaged meats! That way you can choose your pieces and avoid any fatty looking cuts. Check out more tips from [BBC Good Food](#).



4. Consider price differences! If a bag of rolled oats is 10 times cheaper than muesli bars, consider making your own. This saves money and lets you control the added salt, sugar and fats.
5. Buy generic/home-brand options for products with little variation in quality, e.g. salt, sugar and some canned goods.
6. Buy long-life staples like pasta, rice, beans, and oats in bulk.
7. Look for specials but be wary - sometimes “specials” are not actually on sale or you end up buying more than you need.
8. Avoid soft drinks and juice. Water is a healthier, cheaper alternative (you can flavour water with a little bit of fruit juice or fresh fruit for a sweeter treat).
9. Reconsider sugary, salty or highly processed foods - they are usually more expensive and aren't nutritious.

HEALTHY EATING ON A BUDGET

WHEN COOKING:

1. Make extras and freeze the leftovers.
2. Be creative with your leftovers - a stew or a curry can be used as a topping on pasta and rice another night. Use what you have in the back of the fridge - any vegetable can be added to stock and quickly blended into a soup.
3. Add lentils, kidney beans, or other legumes to meat dishes - this stretches them out, makes them cheaper and gives your family a good dose of veggies.
4. Make your own salad mixes instead of buying pre-made alternatives - buy whole lettuce instead of bagged options.



EXERCISE AND FOOD KNOWLEDGE

A BALANCING ACT: HEALTHY EATING AND EXERCISE

Healthy eating habits provide the most benefit when combined with physical activity. It is important to start these habits at a young age to encourage a healthy lifestyle as an adult.

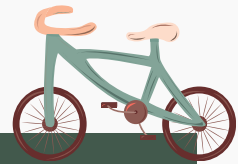
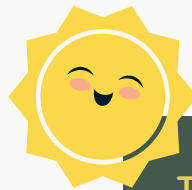
Physical activity promotes healthy hearts, bones, and muscles. It helps children to build skills and confidence, while also teaching them how to get back up after a fall or a mistake. Being physically active also prevents future health problems, such as obesity, heart disease and type II diabetes.

Some children enjoy playing and running more than others, which is perfectly normal! But physical activity is very important for every child's health and wellbeing growing up, and should be encouraged whenever possible.

Children with disabilities can still be involved in active play - **ask your health professional for advice on how to best support them.**

Encouraging your children to play outside will also ensure they get plenty of **vitamin D** from our favourite natural resource: the **Sun!**

Sunscreen and sun-smart clothing like a hat and a t-shirt can help to protect them from sun damage.



TIPS TO GET YOUR CHILD MOVING:

- Give them lots of options.
- Praise their efforts.
- Role-model positive attitudes.
- Build physical activity into your family's daily life.
- Let them explore and be creative!
- Get them outdoors when possible

EXERCISE AND FOOD KNOWLEDGE

PHYSICAL ACTIVITY AND FLUID INTAKE

[Get Up & Grow](#) by the Australian Department of Health and Ageing is a free online guide that is full of advice on how to help your kids eat well and stay physically active. This guide recommends that children aged 1 to 5 should be active for **at least 3 hours every day**. This doesn't need to be walking or running - moving and playing can count as being active!

It is also important to keep in mind, especially when your child is [physically active](#), that children are at a greater risk of dehydration compared to adults. Good hydration helps to improve sleep quality, cognition, and mood.

BE A ROLE MODEL



OFFER WATER WITH
SNACKS/MEALS



PICK A WATER BOTTLE
DESIGN THEY LIKE AND
BRING IT ALONG

ADD FRUIT SLICES FOR
FLAVOUR AND COLOUR



ENCOURAGE THEM TO
DRINK WATER BEFORE,
DURING AND AFTER
EXERCISE. EVEN A SIP
WILL DO



PLAY AROUND WITH
TEMPERATURE:
WARM WATER (WINTER)
FROZEN/ICED WATER
(SUMMER)

1, 2, 3...

ENCOURAGE THEM TO
DRINK FOR 5-10
SECONDS. COUNT
ALoud TO LET THEM
KNOW! REMEMBER TO
PRAISE THEM
AFTERWARDS

Although other fluids, such as juice and sweetened drinks, can contribute to fluid intake, water is the easiest and cheapest way to keep your kids hydrated throughout the day. Water contains no extra energy, unlike juices and other sugary drinks, and can quench your thirst.

FOOD PORTIONS AND DECISIONS

SERVING PORTIONS

It is important to role-model healthy eating to your children by paying attention to portion sizes and ingredient choices. The Australian '5 and 2' guidelines recommend 5 serves of vegetables and 2 serves of fruit for the day for ages 9+. Toddlers are recommended 2.5 serves of vegetables and half a serving of fruits. Visit [EatForHealth](#) for recommended serving sizes. Note that you don't need to be super strict plus avoid overfeeding!

But what are serving portions? One serve of vegetables is around 75g and one serve of fruit is around 150g. A general rule of thumb is 1 tablespoon portion for each year of age.

HEALTH STAR RATING

The Australian government's [Health Star Rating](#) is an important guide to consider when packing lunchboxes and meal-prepping. This only applies to packaged food.



The five-star system reflects how healthy a product is where five is the highest rating. It is important to understand how this system works, as it can be confusing! The system is set up to **COMPARE** products within the **SAME category**. Therefore, a packet of frozen fries with a 4.5-star rating may not be healthier than a muesli bar with a 3-star rating.

For example, compare [Kellogg's](#) cereals:

- *Froot Loops* (2-star)
- *Corn Flakes* (3.5-star)
- *Just Right Original* (4-star)
- *All-Bran Wheat Flakes* (5-star)

SERVING SIZES

Examples:

- ½ a cup of **cooked vegetables**, e.g. broccoli, pumpkin
- ½ a cup of **canned beans or peas**
- 1 cup of **raw salad materials**
- 1 **medium-sized fruit**, e.g. apple, banana
- 2 **small fruits**, e.g. apricots, plums
- 30g of **dried fruit**



DOES 5-STAR MEAN IT'S NUTRITIOUS?



- Let's consider orange juice. Most bottles have a 5-star rating, but how does it compare to oranges and water?
- The suggested serving size is 125mL. Depending on the size of your oranges, it could take up to 3-4 oranges for one glass.

FOOD PORTIONS AND DECISIONS

TIP: Try setting family goals like involving your children in meal preparation and eating together (with no screens!) as a family as often as possible.

FOOD CHOICES

To choose healthier options:

- Consider the suggested serving sizes on packaged food, which are usually recommended for adults. They can be unrealistic and misleading when reading food labels. On food labels containing the amount of energy, saturated fat, sodium, etc., watch out for the small print saying the serving sizes, like "per 100g" or "per biscuit".
 - Note: each manufacturer controls their serving sizes and suggestions, which may not be in line with the Australian Guide to Healthy Eating.
 - E.g. A packet of puffed corn chips has 6 servings per packet. One serve is 28g and the suggested serving on the packet is 168g. If you do the maths, the suggested serving size is the entire packet!
- If your child or family avoids certain food groups for health, religious, or personal reasons (such as veganism), find other sources of essential vitamins and minerals.
See page 11 for some ideas.
- Cut back on sweet drinks (including fruit juices). They are not very nutritious and can lead to dental problems and weight gain. They also reduce your child's appetite for healthy foods by filling them up.



TIM-TAMS (A TREAT)

Did you know that the recommended serving size is only ONE biscuit in the pack of 11? This applies to everyone!

On average, adults eat at least 2 as a snack.

TIPS FOR WHEN IT GETS BUSY:

- Stock up on easy, healthy snacks at home like fresh fruit, vegetable sticks (with dip), yoghurt, and boiled eggs.
- Keep a stash of frozen veggies and fruits for quick, healthy meals.
- Compile easy dinner recipes, e.g. soups and stews, roasted vegetables with toppings, pasta, rice, homemade meatballs and stir-fries.

FOOD PREPARATION AND SAFETY

FOOD SAFETY

While you are preparing and cooking your food, this is a great time to introduce your children to food safety. It is important to teach them that, sometimes, certain foods need to be avoided or prepared separately. For example, some people need to avoid eggs because of an allergy. If you suspect that your child has a food intolerance (foods that may upset their stomach) or allergy, speak to your doctor.

Another part of food safety is food hygiene. Sometimes, bacteria or other germs can cause food to “go bad” and may lead to food poisoning. These bacteria tend to thrive in moist, nutrient-rich foods like milk, meat, and fish. Leafy greens and sprouts, and cooked grains that aren't prepared and stored properly can also easily spoil.

TEACHING YOUR CHILDREN ABOUT FOOD SAFETY



Buying items from trusted suppliers in unbroken packages



Transport food quickly after purchasing to the fridge or via cool containers



Keep food that needs to be refrigerated in the fridge before cooking or eating



Remember to wash your hands before preparing food and in between handling meat, fruit, and cooked items. Also reminds kids to wash before eating!



Using separate cutting boards and clean knives when switching between raw meat, fruit, and cooked items (colour coding them can help)



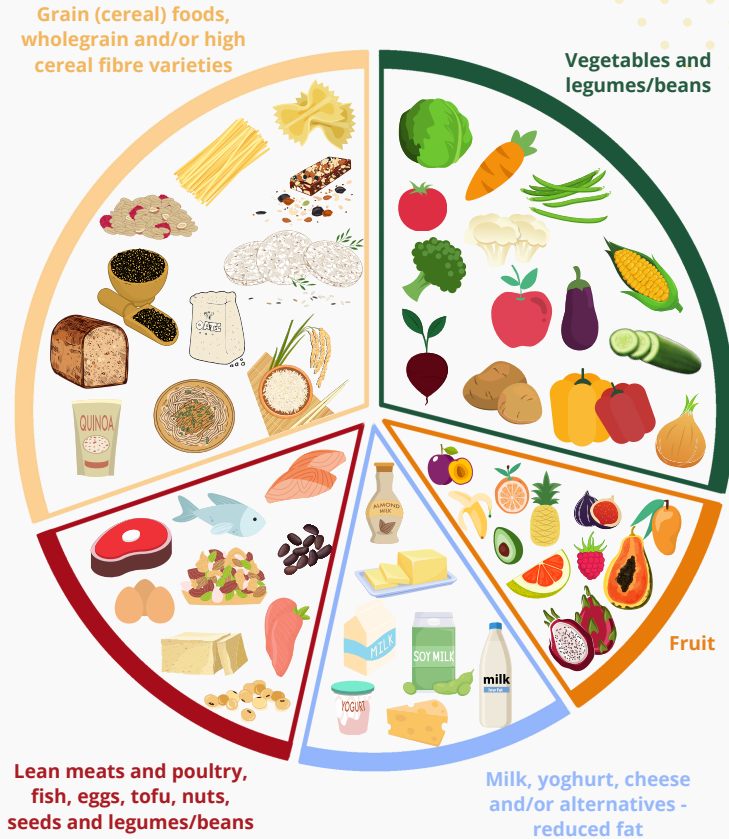
Rinsing fruit and vegetables before cooking

**Of course don't forget to be careful in general with hot water and kitchenware, sharp knives, etc.*

FOOD GROUPS

AUSTRALIAN GUIDE TO HEALTHY EATING: 5 FOOD GROUPS

- Meat, fish, tofu, eggs, nuts, beans, and seeds are all sources of **protein**, which helps children grow, build muscles, and fix any bumps or scrapes that they may get.
- Grain foods, wholegrain and high cereal fibre varieties are sources of **carbohydrates** and give your children energy. Wholegrain carbohydrate foods are high in fibre, which is good for gut health. Grain and cereal foods are one of the easiest food groups to incorporate into meals but balance is important. However, just like fruits and vegetables, too much can raise blood sugar levels and unnecessary weight gain.



Adapted from the Australian Guide to Healthy Eating. Source: Eat for Health

CHECK THIS OUT: For advice on the amount and types of food to give your children, check out the Australian government's resource [Healthy Eating For Children: Teach your child healthy habits for a healthy life.](#)

FOOD GROUPS



AUSTRALIAN GUIDE TO HEALTHY EATING: 5 FOOD GROUPS

- **Dairy products** and alternatives pack a powerful nutritional punch, containing protein, calcium (helps build strong bones and teeth), and healthy fats. If dietary preferences or needs stop you from consuming dairy, eat foods that provide you with the same nutrients. For example, tofu and some nuts are rich in protein, fats, and calcium (e.g. almonds, Brazil nuts). Meanwhile, cow's milk can be substituted with coconut, soy and calcium-fortified nut milk like almond. There are also vegan options available for butter and cheese, but look for options with added calcium.
- **Fruits** and **vegetables** are great sources of vitamins and minerals. These nutrients are needed to make sure everything from our bones to our brains, to blood that pumps through our veins, are in working order. The best way to get all of these different nutrients is to eat different fruits and vegetables. Their different colours often act as a code that tells us the different nutrients they contain, so making your dinner plate as colourful as possible can be a very fun and healthy way for your family to eat. [Nutrition Australia's Eat-A-Rainbow](#) resource is full of ideas on how to incorporate a rainbow into your child's diet.



FUSSY EATERS

If you want to introduce a variety of foods from the food groups but have a fussy eater, try these tips:

- Don't bribe or punish your child for refusing to eat
- Make sure they come to the table hungry. Avoid snacking
- Be a role model by eating the same food
- When offering a new food, give them some familiar foods too
- If your child refuses to eat a particular food, try again later! Or sneak it into their meal, such as adding chopped zucchini and carrots into homemade meatballs.
- Make the food fun!

FOOD GROUPS

FINDING ALTERNATIVES

The following are some suggestions that can help get you started! Please seek guidance from a trained dietitian as these are only suggestions; dietitians can provide personalised and specific advice.

	NUTRIENT	ALTERNATIVE
DAIRY-FREE & VEGETARIAN/ VEGAN DIETS	CALCIUM	Tofu, calcium-fortified soy milk, collard greens, bok-choy, kale, broccoli, tahini, nuts and seeds (e.g. chia)
	VITAMIN A	Carrots, broccoli, cantaloupe, squash, spinach, fortified cereals, sweet potato
	OMEGA-3 (FISH)	Supplements: fish oil tablets or vegan long chain omega-3 tablets (preferable)
	PROTEIN	Nuts and seeds (e.g. almonds, pumpkin seeds), eggs, legumes and beans (e.g. lentils, chickpeas, tofu)
	IRON	Dried fruit, iron-fortified cereals/breads, dark green leafy vegetables (e.g. spinach), legumes
	VITAMIN B12, CREATIN, CARNOSINE, VITAMIN D	Supplements: these nutrients are only/mainly found in animal-sourced foods.

WHAT IS THE MEDITERRANEAN DIET?

Research suggests that [the Mediterranean diet](#) is beneficial in reducing risks of chronic diseases, such as heart disease, stroke and type 2 diabetes. The diet comprises of:

- Meals that are based on fruits, vegetables, whole grains, olive oil, beans, nuts and seeds, legumes, herbs and spices
- Fish and seafood at least 2x a week, and red meat sparingly/rarely
- Moderate portions of cheese, yoghurt, eggs and poultry each week
- Plenty of water! (Wine in moderation for adults)
- No sugar-sweetened beverages, added sugars, processed meat, refined grains and oils

For more information, [click here](#). Please note that the information provided does not substitute professional medical advice. If you have any concerns, contact your GP or dietitian.

FOOD GROUPS

FRUIT AND VEGETABLE GROUPS

Fruits and vegetables can also be sorted according to their 'family' or 'type'. Vegetables are classified as leafy greens, **cruciferous**, marrow, **root**, edible plant stem, or allium. Fruits can be classified as **citrus**, melons, tropical, core, pits and berries. We will be going through cruciferous, root and citrus foods but all groups are equally important for the diet (delicious and versatile too)!

CRUCIFEROUS VEGETABLES

Broccoli is a **cruciferous vegetable**. Other vegetables in the same family as broccoli include kale, brussels sprouts, radishes, cauliflower and cabbage. Vegetables in this class tend to be low in calories, and **rich in fibre** and **vitamins C, E, & K**, and **folate**.

Folate is extremely important during periods of rapid growth such as pregnancy, infancy, and adolescence. The **vitamins** found in **cruciferous vegetables** help our body to fight infections and heal wounds, while fibre keeps us at a healthy weight by making us feel fuller for longer.

Broccoli can be cooked or served raw. However, your choice of cooking method can affect its nutritional content and health benefits. Boiling can leach up to 90% of the valuable nutrients from broccoli, while steaming, roasting, stir-frying, and microwaving keep them in. That said, boiling broccoli still provides some nutritional value and is definitely better than none at all!

TIP: Water used to boil vegetables can be used as vegetable stock and added to soups, stews, etc.



SNACK IDEA: ROASTED BROCCOLI

1. Place fresh broccoli on a metal tray lined with aluminium foil. Spray it with cooking spray.
2. Sprinkle the broccoli with cheese.
3. Roast the broccoli at 230 degrees (celsius) for 15 minutes.

FOOD GROUPS

FRUIT AND VEGETABLE GROUPS



SNACK IDEA: CARROT CHIPS

1. Thinly slice some carrots at an angle to create long chips.
2. Lightly toss slices with cooking oil and your favourite herbs/spices.
3. Lay them out on baking sheets or in a baking dish. Bake in oven until crunchy

ROOT VEGETABLES

Carrots are **root vegetables**. **Root vegetables** absorb nutrients from the soil as they grow underground. Other examples are common vegetables like sweet potatoes, beets, onions and garlic. **Root vegetables** tend to be low in calories, high in **antioxidants** (which are very good for one's health) and contain many **vitamins** and **minerals**. Sweet potatoes and carrots contain **vitamin A**, an important nutrient for vision and immunity; while Russet potatoes contain more potassium than bananas, which helps with fluid balance and muscle function!

A common mistake when preparing root vegetables is adding butter, large quantities of salt, and other unhealthy ingredients. This can end up raising the number of calories eaten that aren't as nutritious or filling. **Root vegetables** are very versatile and can be prepared in every way imaginable: eaten raw, steamed, boiled, roasted, sautéed or grilled. Steaming carrots is an easy way to prepare them without adding fat during the cooking process. That said, adding some fat to your cooking isn't necessarily bad! Just be sure to add the right type and amount. It's not good food unless you enjoy it! **More about fats on page 16.**

FOOD GROUPS

FRUIT AND VEGETABLE GROUPS

CITRUS FRUITS

Citrus fruits like **oranges**, lemons, and grapefruits are rich in **vitamin C**. This vitamin helps other nutrients to do their jobs, for example by increasing how much iron our body absorbs, and is vital for a healthy immune system. It plays a large role in wound healing by helping our bodies to make something called collagen, which is important for healthy skin. On average, children between 1 - 8 years old need around **25 mg of vitamin C per day** (about half an orange). Severe lack of vitamin C can lead to the disease 'scurvy' and can even affect **bone growth**. Bleeding gums can be a sign of Vitamin C deficiency.

The way we prepare food can impact its nutritional value. **Oranges** are best-served whole-peeled and freshly eaten, as fibre is lost during the juicing process! Fibre is important for healthy digestion, preventing constipation and makes you feel fuller for longer. With that said, homemade orange juice is an easy way to add some **vitamin C** to your children's diet. Fresh or reconstituted juice can be good for children over the age of one, when it is part of a well-balanced diet and accompanied by physical activity. However, it shouldn't replace water and in large amounts.



SNACK IDEA: ALL NATURAL

1. Oranges are a perfect example of natural snacks. Simply cut and offer
2. Cut them into wedges and put the peel over your teeth. Now... SMILE.
Make it fun!
3. If they don't like oranges, mandarins are easy to peel and less messy

DIETARY FATS: ARE THEY ALL EQUAL?

You may be wondering, "**What are saturated fats? Are all fats bad?**" Fats can be described as **saturated** (unhealthy) and **unsaturated fats** (healthier).

SATURATED FATS

Saturated fats carry an increased risk of heart disease, but they are also tricky to avoid because they are sometimes found in nutrient-rich foods. Examples of **discretionary foods** include biscuits, cakes, processed meats, pizza, fast foods, and pastries. Not only do these foods have saturated fats, but they typically have added salt and sugar, which is linked to type II diabetes, obesity and some cancers. The visible fat on cuts of meat is also saturated, therefore, trim excessive fat off meats. Where possible, it is recommended that saturated fats be swapped for foods containing unsaturated fats or low-fat and low-salt alternatives.

Dairy products are important sources of calcium and minerals, but they can also be high in saturated fat, salt and/or sugar. When choosing dairy products, it is important to check what fats are included and decide what is the right balance for you. Since saturated fat is packed with energy, this makes it suitable for children aged 1-2 years, who have high energy requirements. Once children turn two, it is worth transitioning to reduced fat (and salt) dairy products or calcium-rich alternatives.



DISCRETIONARY FOODS: "sometimes" foods/snacks

Limiting the amount of sugary, fatty, and salty foods ('discretionary' foods) that your child eats will give them a steadier energy supply throughout the day. It also helps to prevent a host of health problems that can crop up later in life, like type II diabetes and heart disease.

TIP:

Avoid deep-frying foods and use other cooking methods: grill, oven-bake, saute, boil, poach, stir-fry, etc. Try to use small amounts of unsaturated oils when needed, such as olive oil.

FOOD GROUPS



UNSATURATED FATS

What about “good” fats? Unsaturated fats can be found in foods such as seeds, nuts, fish, eggs, oats, avocado, and lean grass-fed meat. They also come in the form of spreads, such as almond spread, which [the Australian Guide to Healthy Eating](#) recommends in small amounts.

DISCRETIONARY CHOICE SERVES

One serve is about 500-600 kilojoules:

2 scoops (75g)	ice cream
2 slices (50-60g)	processed meats, salami
1½ thick or 2 thin (50-70g)	regular sausages
½ snack-size packet (30g)	salty crackers or crisps
2-3 (35g)	sweet plain biscuits
1 (40g)	donut
5-6 (40g)	lollies/sugar confectionary
1 tablespoon (60g)	jam or honey
½ bar (25g)	chocolate
1 tablespoon (20g)	butter
1 can (375ml)	soft drink
12 (60g)	fried hot chips
ADULTS ONLY:	ALCOHOL
60ml	spirits (2 standard drinks)
600ml	light beer (1½ standard drinks)
200ml	wine

Adapted from the Australian Guide to Healthy Eating. Source: Eat for Health

This guide was created to help you plan healthier meals for your kids, but these recommendations apply to everyone and can help you to improve your own wellbeing. In preparing nutritious meals for your family, you can also look forward to a brighter and healthier future.

Keep reading to find recipes that you can use to kick-start your healthy meal planning!

STANDARD SERVE: UNSATURATED FATS/OILS/SPREADS

- 10g polyunsaturated spread
- 10g monounsaturated spread
- 7g mono- or polyunsaturated oil (olive, canola, sunflower)
- 10g tree nuts, peanuts or nut pastes/butters

Examples of Polyunsaturated Foods:

- sunflower, sesame, corn and grape seeds
- soybeans

Examples of Monounsaturated Foods:

- canola seeds and most nuts
- rice bran
- avocados and olives

TIP:

The [Australian Government Department of Health](#) recommends replacing high-saturated fat foods like butter and cream with nut pastes and avocado.

HOW TO CHOOSE HEALTHY SNACKS

REMEMBER:

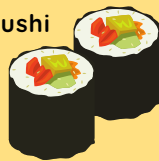
- vegetables
- fruit
- milk
- cheese
- yoghurt
- wholegrain bread, crackers, cereals

SELECTION OF HEALTHY SNACKS



bite-size fruits

sushi



healthy wrap

nuts



muesli smoothie bowl



cut-up/bite-size veggies
(cherry tomatoes)



homemade popcorn;
no added salt/butter



porridge



hummus and
veggie sticks

yoghurt



wholemeal bread
(with spread)



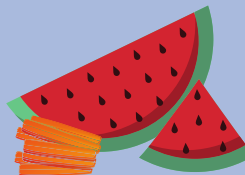
corn cob

Always have a vegetable and fruit as a snack, each day



Keep a variety of healthy snacks in the fridge and pantry

Prepare snacks with your kids!
Role model by showing them you enjoy the snacks

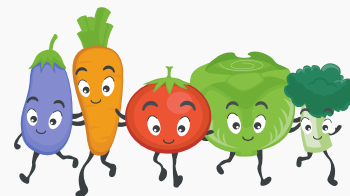


Cut up vegetables and fruits into bite-size pieces



HIGH FAT/SUGAR/SALT SNACKS

no more than 1 small serving per day



RECIPE: ROAST POTATO, SWEET POTATO AND SALMON FRITTATA

ingredients

- 1 medium potato, peeled and cut into 1cm cubes
- ½ medium sweet potato, peeled and cut into 1cm cubes
- 1 tablespoon olive oil

method

1. Preheat oven to 200°C.
2. Put potato and sweet potato into a roasting tray with oil, and toss to combine. Roast for 20-30 minutes in the oven or until golden and cooked.
3. Preheat grill (or change oven to grill function) to high.
4. Whilst the grill is heating up, put potatoes on a frying pan and add spinach, salmon and grated cheese on top. Cook on low heat.
5. Pour whisked eggs over the top and cook for another 8-10 minutes or until eggs are cooked around the edges but centre is still runny.
6. Place frying pan under the grill and cook for another 5 minutes or until eggs are fully set. Frittata should be golden brown on top.
7. Slice frittata into small squares and serve with steamed vegetables.

This recipe contains potential food allergens: fish, milk (cheese) and eggs. If introducing to infants transitioning into solid foods, please consult a paediatric dietician and ensure the potatoes are well-cooked, soft enough for babies.

Serves 3 adults and 2 toddlers

Feel free to modify the recipe to suit your family. Leftovers can be kept in the fridge for 1-2 days or frozen for 1 month.

- 1 cup baby spinach, washed
- 1 x 180g tin pink salmon in spring water; bones removed, drained
- ½ cup tasty cheese
- 8 eggs, lightly whisked



Check out their website for other amazing recipes!

Recipe from One Handed Cooks:

<http://onehandedcooks.com.au/recipe/roast-potato-sweet-potato-salmon-frittata/>

RECIPE: BANANA OATMEAL PANCAKES

ingredients

- 2 medium-ripe bananas
- 2 eggs
- ½ cup milk (or unsweetened almond milk/any milk you have!)
- 1 teaspoon vanilla extract
- 1 ½ cups rolled oats (optional)
- ½ teaspoon ground cinnamon
- 1/4 teaspoon salt
- Olive oil, for cooking

**Gluten-free, dairy-free
with no added sugar,
all the while being
irresistably delicious!**

Recipe adapted from Ambitious Kitchen:
<https://www.ambitiouskitchen.com/banana-oatmeal-pancakes/>

method

1. Blend all the ingredients in a blender until smooth. Alternatively, you can mash the banana with a fork, especially if you prefer it textured! Blend or use a food processor for the oats and whisk the eggs with a fork.
2. After combining all the ingredients, heat your pan over medium heat with cooking oil of your choice: olive oil, coconut oil, vegetable oil, etc. (Avoid butter if you can!)
3. Pour the batter into the pan to make desired-size pancakes.
4. Cook until pancakes rise and you can see bubbles.
5. Flip the pancakes with a spatula and cook other side until golden brown as desired. Reduce the heat if your pancakes are browning too quickly.
6. Serve the pancakes with blueberries or fruit toppings of your choice!

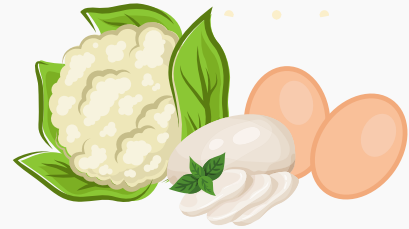
STOP THERE! Be sure to not add sugar or additional sweeteners. You may be tempted, but the key is to use ripe bananas! If after tasting, it is bland, top with fruits or A BIT of honey/maple syrup on top.



RECIPE: CAULIFLOWER HASHBROWNS

ingredients

- 1 large cauliflower head
- 1 ½ cup shredded mozzarella or cheese of your choice
- 2 eggs, lightly whisked
- Spices of your choice (pinch of salt, pepper, paprika, herbs)



method

1. Preheat oven to 210°C.
2. Prepare the cauliflower by wash and soaking. Cook in boiling water for 5 minutes. Drain and allow to cool.
3. Dice the cauliflower into small pieces, resembling potatoes in hashbrowns.
4. Using a paper towel, drain any remaining water from chopped cauliflower and add place in a large bowl.
5. Combine cheese, eggs and spices. Mix all ingredients together.
6. Coat or spray a muffin tin with olive oil. Add and flatten ingredients into tin to about 1cm. If you don't have a tin, line a baking tray with aluminium foil or baking paper and shape hashbrowns as desired.
7. Bake for 20 minutes in the oven or until nicely brown. Check on them to see if the inside is cooked. Turn down the heat if they are browning too quickly.

Hashbrowns can be served with your home-made nuggets or steamed vegetables. You can freeze any leftover mixture you haven't baked yet.

RECIPE: QUINOA, CHICKEN & BROCCOLI NUGGETS

ingredients

- ½ cup water
- ¼ cup quinoa (white grain or an alternative rice)
- ½ cup cooked broccoli
- 500g chicken mince or finely chopped chicken
- ½ cup breadcrumbs
- 1 teaspoon fresh parsley, finely chopped
- ½ teaspoon fresh thyme
- ½ cup finely grated cheese

method

1. Preheat the oven to 200°C. Line a baking tray with baking paper.
2. In a saucepan, bring water and quinoa to a boil. Reduce to a simmer, cover and cook for 10 minutes. Remove from heat and leave for 5-10 minutes. Take the lid off, fluff with a fork and set aside to cool.
3. Boil broccoli and mash, or finely chopped depending on your desired texture.
4. Once cooled, combine and mix chicken, quinoa and broccoli together. In a separate bowl, combine breadcrumbs, herbs and cheese.
5. Make small balls of chicken mixture, about the size of a tablespoon scoop. Roll in breadcrumbs and place them on the baking tray. Gently flatten and shape into a nugget.
6. Bake for 10-15 minutes, then turn the nuggets. Bake for another 10 minutes or until cooked and golden.

Check out their cauliflower nuggets for a vegetarian option!

<http://onehandedcooks.com.au/recipe/cauliflower-nuggets-kids/>

Recipe from One Handed Cooks:

<http://onehandedcooks.com.au/recipe/baby-toddler-finger-food-quinoa-chicken-broccoli-nuggets/>

Avoid deep-frying! Trust us, the flavours will be lost when you deep-fry and replaced by the taste of the oil. You can also use an air-fryer if available. If you must deep-fry, choose canola oil which has high mono- and polyunsaturated fats, low saturated fat and a high smoke point. **Keep deep-frying as a treat!**

RECIPE: BROWN RICE SUSHI ROLLS

ingredients

- 1 packet seaweed
- 1 cup brown rice
- 1 can of tuna or salmon
- 2-3 eggs, well-beaten
- Vegetable sticks of your choice (cucumber, carrot) and lettuce
- Chives, chopped (optional)
- Splash of rice vinegar (optional)



You can make your own rice vinegar by mixing a bit of sugar to white vinegar. Be careful to not add too much sugar!

method

1. Cook the brown rice.
 - a. Rice vinegar option: cook the rice per normal. Once the rice is cooked, add a splash of rice vinegar and fold into the rice to combine.
 - b. No rice vinegar option: cook the rice with a bit more water than usual, so that it is easier to work with. Be careful to not make the rice too mushy or porridge-like.
2. Prepare tuna or salmon of your choice. This can be straight from the can or lightly tossed over heat and olive oil in a saucepan.
3. Over medium-low heat, pour egg to cover the base of the saucepan. Sprinkle chopped chives if desired.
4. Once the edges begin to cook, fold the egg into egg rolls using a spatula/chopsticks. Set aside and repeat with remaining egg.
5. Have fun with putting the ingredients together! Line the rice half way on the smooth side of the seaweed, spreading and pressing the rice down.
6. Layer your desired ingredients on top of the rice. Finish up by rolling the sushi. You can add grains of rice to the edge of the sushi to help keep its form.
7. Slice the sushi into small pieces to eat! Feel free to experiment with different ingredients.

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Alternatively, please visit our website: <http://strivehealth.org.au/>



A quick and easy guide to healthy eating for families!

This section was produced by Strive Student Health Initiative from the University of Melbourne. It consists of information, tips and tricks to help parents understand nutrition. All information has been sourced from reliable websites; mainly from Government resources to summarising and simplify existing documents.

A message from Strive: We understand how sometimes feeding children can be extremely difficult, making it hard to incorporate healthy choices. We hope this guide can re-inspire parents to make nutritional adjustments and emphasise the importance of doing so.

