

Workshop A:

Healthy Eating, Healthy Behaviours

Part 3:
Handouts

Parental Guidance

Recommended

Introduction to breastfeeding

Handout A1

Breastfeeding is strongly encouraged because of its many health benefits.

The composition of breast milk changes slightly as the baby grows to accommodate their different needs.

There are many benefits to breastfeeding for both mother and baby. These include:

For babies

- Helps protect from illness, infection and allergy.
- Provides the correct food for growth.
- Helps in the development of eyesight, speech and intelligence.
- Promotes a bond between mother and baby.
- Breast milk is easily digested.
- Reduces risk of overweight and obesity later in life.

For mothers

- Helps to return to pre-pregnancy body weight.
- Helps to prevent cancer of the breast.
- Can delay the return of menstruation and may act as a contraceptive.
- Breast milk is safe and convenient because the breast provides storage and keeps the milk at an optimal temperature.
- Frequent breastfeeding establishes a good milk supply.

Recommended age to breastfeed

It is recommended to breastfeed exclusively for the first six months of a baby's life. Breast milk contains all the nutrients needed for growth and development until 6 months of age. Breast milk continues to be the most important part of a baby's diet for the first year of life. It is recommended that breast milk should supply at least half a baby's nutrients from six months to one year, and up to one third of the nutrients from one year until their second birthday.

Manually expressing breast milk

Expressing breast milk may be useful if the mother is away from her infant for a period of time, for example, when she re-enters the workforce. Expressed breast milk (EBM) can be kept at room temperature for 6 - 8 hours when the temperature is 26° C or lower. Place the EBM in the refrigerator if one is available. It can be stored in the refrigerator for 3 -5 days at 4°C or lower. It is best to store it in the back of the refrigerator where it is coldest. Warm the container of chilled EBM in a jug of hot water until it is body temperature. Microwave ovens should not be used and never reheat EBM if your baby doesn't finish the feed.

Weaning and introducing solids

Breast milk contains all the nourishment needed to promote healthy growth and development in babies for the first half year of life. While babies begin to have other food and drinks from about 6 months of age, breast milk is still the major part of a baby's diet.

When introducing solids, start with a single food and stick with this for about four days to make sure it is tolerated well. Then introduce another food, again making sure it is tolerated. Going slowly with each new food will also give the infant a chance to get used to different tastes and textures.

Start with a teaspoon of infant rice cereal or pureed potato. These can be mixed with water or breast milk. Mixing the new food with breast milk means it will taste more familiar to your baby. Increase the amount by a teaspoon each day until you reach 2 tablespoons, then your baby is ready for solid food twice a day.

Best food to introduce from 6-8 months

- Vegetables: mashed potato, pumpkin, carrot.
- Fruit: mashed banana, cooked and mashed apple and pear.

From about 8 months (you can move on to coarsely mashed food)

- Ground up meats and chicken.
- Cereals such as whole rice, couscous and pasta.
- You can use a little cow's milk to add to cereal or food such as custard.

From about 12 months

- Cow's milk can be introduced as the main drink.

It is important to make sure your baby tolerates new textures, therefore never leave your baby alone while eating. Progressing with new textures is very important for your baby's development. It is advisable to continue introducing new foods to an infant's diet and reintroduce foods that may have been knocked back at one time. It is important to expose young children to a variety of different foods. The longer you can avoid salt and sugar the better.

For further information:

- The Australian Breastfeeding Association
1818-1822 Malvern Rd
East Malvern, VIC 3145
Ph: (03) 9885 0855
Email: info@breastfeeding.asn.au
Website: www.breastfeeding.asn.au
- The Australian Breastfeeding Association's Helpline Service (WA)
Ph: (08) 9340 1200
- Breastfeeding Centre of Western Australia
King Edward Memorial Hospital for Women
Agnes Walsh House, Ground Floor
374 Bagot Road, Subiaco WA 6008
Ph: (08) 9340 1844
Website: www.kemh.health.wa.gov.au/services/breastfeeding/index.htm

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Parental Guidance



Recommended

1-Day Food and Drink Record (4 year old child)

Handout A2

Please be as detailed as possible listing the food or drink and the amount eaten.

Meal or Snack	Foods E.g. Snack Food or Drink Consumed 2 pieces dried pear 1 x 250ml glass of water
Breakfast	
Morning Tea	
Lunch	
Afternoon Tea	
Dinner	
Supper	

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1-Day Food and Drink Record

Please be as detailed as possible listing the food or drink and the amount eaten.

Food Group	Foods & Number of Serves
Breads, cereals, rice, pasta, noodles	
Vegetables, legumes	
Fruit	
Milk, yoghurt, cheese	
Lean meat, fish, poultry, eggs, nuts, legumes	
Extras (incl. non-water drinks)	

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Parental Guidance

 Recommended

Five Food Group Serving Sizes Per Day for Toddlers
(1-3 years of age)
 Handout A3

	1 - 3 yrs
<p>Breads and Cereals</p> <ul style="list-style-type: none"> • Include breads, cereals, rice, pasta, crispbreads, English style muffins, pita bread, and crumpets. • Choose wholemeal and wholegrain types as they contain more fibre, vitamins and minerals than white (refined) varieties. • Try to avoid products with added sugar or fats. • Bread and cereals provide the body with carbohydrates (starch) for energy, some protein, fibre, vitamins and minerals. <p>1 toddler serve = 1 slice bread = ½ bread roll = ⅔ cup breakfast cereal flakes or 1 Weetbix™ or ½ cup cooked porridge or ¼ cup muesli = ½ cup cooked rice/noodles/pasta = 2 large crispbread (e.g. rice cakes)</p>	3 - 4
<p>Vegetables and Legumes</p> <ul style="list-style-type: none"> • Choose a variety of different coloured vegetables. • Fresh, frozen, canned, dried, cooked or raw vegetables are all good. • Fibre, starch, sugar, vitamins and minerals are provided by this food group. • Offer small amounts of different vegetables to make up one serve. <p>1 toddler serve = ½ cup cooked vegetables or legumes (like baked beans, split peas and chickpeas) = 1 small potato = 1 cup salad vegetables</p>	1
<p>Fruits</p> <ul style="list-style-type: none"> • Choose different coloured fresh, frozen, canned and dried fruits. • Fibre, starch, sugar, vitamins and minerals are all provided. • Fruit and vegetables provide some of the nutrients for body repair and maintenance of good health. <p>1 toddler serve = 1 medium piece (e.g. apple) = 2 small pieces (e.g. apricot, or plum) = 1 cup canned or chopped fruit = dried fruit (e.g. 4 apricot halves, 1½ tbsp sultanas)</p>	1 - 2

<p>Milk, Yoghurt, Cheese</p> <ul style="list-style-type: none"> • Reduced-fat (Hilo) milk can be used for children aged 2 years or more. Skim milk is not suitable for children aged less than 5 years. • Underweight children may benefit from continuing on full cream milk. • Milk products are the best food sources of calcium for growth and healthy bones and teeth. • Milk substitutes like soy milk need to be calcium enriched - check the food label. • As toddlers have more solid foods, they drink less milk. <p>1 toddler serve = 1 cup (250ml) milk or calcium fortified soy milk = 2 slices (40g) cheese = 1 small carton (200g) yoghurt = 1 cup (250ml) custard = ½ cup evaporated milk</p>	2 - 3
<p>Meat, Fish, Poultry, Legumes</p> <ul style="list-style-type: none"> • Include meat, fish, poultry, eggs, peanut butter, and legumes (like baked beans, hommus, split peas, or lentils). • These foods provide protein for building and repair of body tissue and muscle. • They are important sources of iron. <p>1 toddler serve = 45 - 60g cooked meat or chicken (e.g. ¼ cup lean mince, 1 small chop, 1 slice of roast) = 40-60g fish fillet (same size as the palm of their hand) = 1 medium egg = ¼ cup cooked or canned beans, lentils, chick peas or split peas</p>	1

*** These are minimum recommended amounts only.**

Source: Tucker without Tantrums: A guide to healthy eating for your toddler.
Department of Health (2005)

Try this sample day's meal plan:

Breakfast	Weetbix™ and milk Toast with a scrape of margarine and vegemite/jam
Morning Tea	Slice of fruit bread Milk drink
Lunch	Lean meat or peanut butter sandwich(es) Fresh or dried fruit Water or milk drink
Afternoon Tea	Fresh fruit Milk drink (try a fruit smoothie)
Dinner	Small serve stir-fried chicken 3-4 different vegetables (cooked or raw) Yoghurt

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Parental Guidance

 Recommended

Five Food Group Serving Sizes Per Day for Children
 Handout A4

	4-7yrs	8-11yrs	12-18yrs
<p>Breads and Cereals</p> <ul style="list-style-type: none"> • Include breads, cereals, rice, pasta, crispbreads, English style muffins, pita bread, and crumpets. • Wholemeal and wholegrain are preferable as they contain more fibre, vitamins and minerals than more refined varieties. • Try to avoid products with added sugar or fats. • Bread and cereals provide the body with carbohydrates (starch) for energy, some protein, fibre, vitamins and minerals. <p>1 serve = 2 slices bread = 1 bread roll = 1½ cup cereal or 1 cup cooked porridge or ½ cup muesli = 1 cup cooked rice/noodles/pasta = 4 large crispbread (e.g. Ryvita).</p>	5-7	6-9	5-11
<p>Vegetables and Legumes</p> <ul style="list-style-type: none"> • Choose a variety of different coloured vegetables. • Fresh, frozen, canned, dried, cooked or raw vegetables are all good. • Fibre, starch, sugar, vitamins and minerals are provided by foods in this group. <p>1 serve = ½ cup cooked vegetables or legumes (like baked beans or split peas) = 1 medium potato or ½ medium sweet potato = 1 cup salad vegetables</p>	2	3	4
<p>Fruits</p> <ul style="list-style-type: none"> • Choose different coloured fresh, frozen, canned and dried fruits. • Fibre, starch, sugar, vitamins and minerals are all provided. • Fruit and vegetables provide some of the nutrients for body repair and maintenance of good health. <p>1 serve = 1 medium piece (e.g. apple) = 2 small pieces (e.g. apricots) = 1 cup canned or chopped fruit</p>	1	1	3

<p>Milk, Yoghurt, Cheese</p> <ul style="list-style-type: none"> • Reduced-fat (Hilo) and/or skim milks are preferable. Skim milk can be used for children aged 5 years or more. • Milk products are the best food sources of calcium for growth and healthy bones and teeth. • Milk substitutes like soy milk need to be calcium enriched - check the food label. <p>1 serve = 1 cup (250ml) milk or ½ cup evaporated milk = 2 slices (40g) cheese = 1 small tub (200g) yoghurt = 1 cup (250ml) custard</p>	2	2	3
<p>Meat, Fish, Poultry, Legumes</p> <ul style="list-style-type: none"> • Include meat, fish, poultry, eggs, peanut butter, and legumes (like baked beans, hommus, split peas, or lentils). • These foods provide protein for building and repair of body tissue and muscle. • They are important sources of iron. <p>1 serve = 65 -100g of cooked meat = ½ cup lean mince or 2 small chops or 2 slices roast meat = 80-120g fish fillet = 2 small eggs = ½ cup cooked legumes</p>	½	1	1

*** Amounts depend on age, physical activity levels, appetite, the type of diet you eat and other factors. The higher numbers are for people who eat a diet high in cereal foods (wholegrain rice, pasta, breads), the lower numbers are for people who eat more from all food groups.**

<p>Extra Foods</p> <ul style="list-style-type: none"> • A sample serve of 'extra' foods is the amount of food that provides 600kj. <p>1 serve = 1 can (375ml) soft drink = 2 small cups or 1 large glass (400ml) fruit juice or cordial = 2 Tablespoons (40g) cream or mayonnaise = 1 Tablespoon (20g) butter, margarine, oil = 1 (40g) doughnut = 3 - 4 (35g) plain sweet biscuits = 1 slice (40g) plain cake = ½ small bar (25g) chocolate = 1/3 (60g) meat pie or pastie = 12 (60g) hot chips = 1 ½ scoops (50g scoop) ice-cream</p>	1-2
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Source: Dietary Guidelines for Children and Adolescents in Australia (2003)

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Parental Guidance

 Recommended

Labels - What should I look for?

Handout A5

Almost all packaged food products have nutrition information on the label, for example:

Strawberry Yoghurt (full fat): Nutrition information		
Servings per package: 3, serving size: 200g		
	Quantity per serving	Quantity per 100g
Energy	810kj	405kj
Protein	5.6g	2.8g
Fat, total	9.8g	4.9g
- saturated	6g	3.0g
Carbohydrate, total	24.8g	12.4g
- sugars	24.8g	12.4g
Sodium	120mg	60mg
Calcium	400mg	200mg
Product of Australia		
Queensland Yoghurt Makers, 31 Gingal Street South Brisbane, QLD		
Best before 1 Apr 09		

Useful information includes:

Serving Size: This is the average serving size of the product, but this may not be the same as the serving you have. Use the *per 100g* column when *comparing* products.

Per 100g: *Per 100g is a useful standard to compare products*, for example to check which product is lower in fat. Use this information when choosing products.

Fat: Use the figure *per 100g* and pick the product with less fat.

Carbohydrate:

Total - this includes both the sugars and starches in food.

Sugars - this states how much of the total carbohydrate is sugar and includes natural and added sugars. Use the figure per 100g and pick the product with less sugar.

Dietary Fibre: Use the figure per serve and pick the product with more fibre. Rule of thumb for fibre is more than 3g per serve.

Sodium (salt): Choose, where possible, foods with reduced or no added salt. Compare per 100g and pick the product with less salt or aim for less than 120mg per serve.

Please refer to the Nutrition Information Panel criteria listed on the wallet card provided during the workshop. This will help you to decide what products to choose.

Ingredients List: This lists a food's ingredients in order of quantity, from most to least, and is useful for identifying sources of added fat, sugar and salt. The percentage of the characterising ingredients are also listed.

Alternative Food Names: sometimes fat, sugar and salt are called...

Fat: beef fat, butter, coconut oil, cocoa butter, copha, diglycerides, dripping, hydrogenated vegetable oil, lard, milk solids, monoglycerides, oven baked, palm oil, shortening, tallow, toasted and vegetable oil.

Sugar: brown/raw sugar, corn syrup, cane sugar, dextrose, disaccharides, fructose, glucose, golden syrup, honey, invert sugar, lactose, malt, malt extract, maltose, molasses, sorbitol and sucrose.

Salt: celery salt, chicken salt, garlic salt, MSG, rock salt, sea salt, sodium (any type), table salt and vegetable salt.

Health Claims - what they really mean

Worth looking for:

Low-fat - this means that the food must contain no more than 3g of fat per 100g.

Low-joule or diet - usually artificially sweetened and low-fat.

No added salt or reduced-salt - salt has not been added or the normal quantity has been reduced.

High fibre - this means the food must contain at least 3g of fibre per average serve.

Very high fibre - this means the food must contain at least 6g of fibre per average serve.

Misleading:

No added sugar - means no added refined sugars, eg fructose, honey, glucose. However this does not mean it is lower in energy than a product with added sugar. Some products eg fruit juice, contain high amounts of natural sugars.

Lite or light - often refers to a reduced-fat content but may also describe taste, texture or colour. Check for an explanation on the label.

Cholesterol free or low-cholesterol - cholesterol is only found in foods which contain animal products because cholesterol is produced in the liver. Therefore it will not be found in plant foods such as avocado. Remember 'cholesterol free' does not mean 'fat free'.

99% fat free - This means the product is has one gram of fat in every 100 grams. Many low-fat products have added salt or sugar. E.g. marshmallows are 68 percent sugar!

Always double check ingredient list and nutrition information to back up any nutrition claim.

Note: In Australia, all food additives must have a specific use and must have been assessed and approved for safety by Food Standards Australia New Zealand (FSANZ) and must be used in the lowest possible quantity that will achieve their purpose.

Need more information? Contact FSANZ on (02) 6271 2222 or email: info@foodstandards.gov.au website: www.foodstandards.gov.au

Nutrition Information Panel Wallet Cards

Nutrition Information Panel: What to look for

Fruit and Vegetables:

- All fresh fruits and vegetables are healthy choices
- When buying canned fruit and vegetables, choose 'no added salt' and 'no added sugar' varieties

Breads and Cereals:

- More than 3g fibre per serve
 - Choose wholegrain (wholemeal, multigrain).

Breakfast Cereals:

- More than 3g fibre per serve
- Less than 120mg sodium per serve
- Less than 10g sugars per 100g
 - If sugar content is high and the product contains fruit, check ingredients. Only choose the product if fruit is listed before sugar in the ingredient list.
 - Choose untoasted muesli.

Fats and Oils

- Choose healthy oils and spreads made from olive, canola, peanut, sunflower, soy or safflower



Dairy (milk, yoghurt, cheese):

- Less than 3g total fat per 100g
- Less than 1.5g saturated fat per 100g
- Less than 10g sugars per 100g
 - Cheese products will not meet these criteria. When buying cheese compare products per 100g and choose the one with the least fat and sodium (reduced-fat cheese is about 15g fat per 100g).

Meat, chicken, fish, nuts, legumes:

- Less than 10g total fat per 100g
- Less than 3g saturated fat per 100g
- Less than 120mg sodium per 100g
 - When choosing canned fish and legumes look for 'no added salt' varieties.
 - Choose unsalted, raw nuts.

Extras/Occasional foods

- Energy less than 600kj per serve
 - Choose extras with the least saturated fat and sodium per 100g.



Nutrition Information Panel: What to look for

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Parental Guidance

Recommended

Food Additives

Handout A6

What are food additives?

Anything that is added to food during processing is considered an additive. Many additives are given a code number so we can easily identify them on food labels, and save space from printing long chemical names. Many additives have unpronounceable or complex chemical names. It is often assumed that long chemical names indicate that an additive is artificial and potentially harmful. This is not always true.

How do I know what additives are in food?

To know more about a particular food additive look at the ingredient list on the food label. This is where you will find the additives name and number, for example, food acid (260). You can use this information to gain a better understanding of what is in the food you eat and why different food additives are used.

This is an example of an ingredient list, which might appear on a yoghurt label:

Skim **Milk**, water, **Milk** Solids, fruit 7%(Peach [4.5%], mango puree[2.5%]), gelatine, Fructose, Vegetable Gums (440,415,412), Flavours, Acidity Regulators(296,331), Sweeteners(950,951), Preservative(202), Mineral Salt(509), Natural Colour(160b), Enzyme (Lactase), Live Yogurt Cultures.

What do additives do?

Additives serve three purposes:

1. improve the taste or appearance of a processed food
2. improve the keeping quality or stability of a food
3. preserve food when this is the most practical way of extending its storage life.

There are many types of food additives (listed in no particular order):

Food Additive	Function
Anti-caking agents	Stop ingredients from becoming lumpy
Antioxidants	Prevent foods from oxidising or going rancid
Artificial sweeteners	Provides sweetness with fewer kilojoules than sugar
Colours	Restore or add colour
Emulsifiers	Prevent oil and water mixtures from separating into layers
Food acids	Maintain the right acid level to prevent spoilage as well as alter the flavour of a food
Flavours	Add flavour
Flavour enhancers	Increase the power of a flavour
Flour treatment	Improves baking quality
Glazing agent	Provides a shiny appearance and can protect food

Humectants	Prevent foods from drying out
Mineral salts	Improves texture
Preservatives	Stop bacteria and other harmful organisms from growing and spoiling the food
Propellants	Help propel food from a container
Stabilisers	Maintains an even distribution of substances in foods
Thickeners	Gives food a firmer texture and maintains even consistency

Food additive safety

The use of food additives in Australia is regulated by Food Standards Australia and New Zealand (FSANZ). According to FSANZ, FSANZ does not approve an additive unless extensive testing has been undertaken and it has been shown that no harmful effects are expected from consumption. FSANZ also sets the Acceptable Daily Intake (ADI) for each additive - the amount that can be eaten every day over a lifetime without risk of harm. The ADI is determined by reviewing available data and finding a level at which no toxic effect is observed. A large safety factor is included in the ADI.

Intolerance and food additives

Adverse reactions to food additives occur in a small proportion of the population. A few people are intolerant to some food additives. Intolerance does not depend on whether the food additive is derived from a natural or synthetic source. More people are intolerant to common foods such as peanuts, milk or eggs than to food additives. The labelling of food products helps people who are sensitive to some food additives to avoid them.

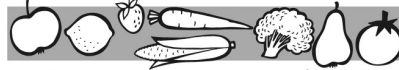
It is important to realise that many of the symptoms experienced as a result of food sensitivities can be caused by other disorders. Medical diagnosis is important. If you try to diagnose yourself, you may restrict your diet unnecessarily and neglect an illness.

The foods containing lots of additives are usually the foods that we should not be eating a lot of anyway. They are usually highly processed and contain a lot of fat, sugar and salt and contribute to overweight and obesity. The best recipe for health is to maximise intake of whole, fresh foods - in particular fruit and vegetables.

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Parental Guidance



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Developmental characteristics related to eating during the pre-school years

Handout A7

Age	Physical	Social/Personal
12-18 months	<ul style="list-style-type: none"> Grasps and releases foods with fingers Holds spoon but use poor Turns spoon in mouth Uses cup but release poor 	<ul style="list-style-type: none"> Wants food others eating Loves performing
18 months-2 years	<ul style="list-style-type: none"> Appetite decreases Likes eating with hands Likes experimenting with textures 	<ul style="list-style-type: none"> Ritual becomes important Displays food preferences Distracts easily
2-3 years	<ul style="list-style-type: none"> Holds glass in hand Places spoon straight in mouth Spills a lot Chews more foods but choking still a hazard 	<ul style="list-style-type: none"> Definite likes and dislikes Insists on doing it 'myself' Ritualistic Dawdles Food fads Demands foods in certain shapes, whole foods Likes to help in the kitchen
3-4 years	<ul style="list-style-type: none"> Holds handle on cup Pours from small jug Uses fork Chews most foods 	<ul style="list-style-type: none"> Improved appetite and interest in food Favourite foods requested Likes shapes, colours, ABC's Able to choose between two alternative foods Influenced by TV commercials Likes to copy food preparer
4-5 years	<ul style="list-style-type: none"> Uses knife and fork Good use of cup Good self feeder 	<ul style="list-style-type: none"> Rather talk than eat Food fads continue Motivated to eat by incentives Likes to help Interested in food and where it comes from Peer influence increasing

Source: National Health and Medical Research Council (2003)

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Recommended

Raising a Healthy Eater

Handout A8

Small children often become fussy with food sometime between the age of one and four years. Behaviours commonly seen around mealtimes are tantrums, food fads, extreme dislikes and playing with food. These behaviours can cause lots of frustration for parents but are quite normal and need not be of concern.

Why do they happen?

- After the first year, growth rates slow down considerably.
- Toddlers begin to show independence and choosing and refusing food is a way of expressing independence.

You can help get through this difficult stage of fussy eating with some (or all) of these ideas:

- Offer meals in a relaxed environment.
- Prepare your child in advance for the meal, warn them that lunch will be on the table in five minutes so they can begin to finish their activity.
- Concentrate on the meal; set the table, turn off the TV and sit down together.
- Start with a small serve as too much food overwhelms the child; a rough guide is one tablespoon of each food per year of age.
- Serve the same food as the family eats.
- Serve a new food with one your child likes.
- Offer words of encouragement, but don't argue or force your child to eat.
- Respect your child if they tell you they are full.
- Don't assume your child will dislike a particular food.
- New foods can be rejected at first; be patient and keep on offering them.
- Give children enough time to eat as they are less skilled at eating but remove food after twenty minutes if your child has lost interest.
- Be a positive role model - eat well and your child will copy you.
- Try not to fuss if your child refuses to eat. Most foods can be safely stored in the fridge and offered again later. Try not to bully or offer bribes.

All children need a variety of foods to ensure good health. Toddlers still have small stomachs and seem to eat better with a number of regular snacks through the day rather than a rigid three meals per day. As a guide, plan for 3 main meals (these might be small) and 2-3 snacks per day. Try and encourage 1½ - 2 hours between each meal or snack.



Encourage them to eat a range of foods but don't be too strict on this. If they refuse all vegetables do continue to offer them but make sure they are having some fruit to provide vital nutrients. If your child refuses milk then yoghurt, cheese and custard are all ways of getting dairy products in!

Children can be allowed to select their own food sometimes but offer limited choices such as 'carrots or peas' instead of 'do you want any vegetables?' Remember, if they reject a food once it does not mean they will never eat it. Do try it again a little later. You may need to do this several times before your child accepts this new food.

Drinks should always be offered in a cup but if your child is not eating well check how much fluid they are having. Sometimes toddlers will fill up on sweet drinks or milk, which then leaves little room for food. Try to give food before drinks for small eaters.

It is important to know that most children are able to balance the amount of food or energy their body needs if offered nutritious foods regularly and are not forced to finish everything on the plate. This means that if only a little is eaten at one meal, they will probably catch up with a bigger meal or snack later. This is essential to helping your child learn to control appetite and food intake as they get older, and may help prevent problems such as overeating later in life.

Remember:

- > A child will eat when hungry.
- > A healthy child who refuses to eat is not hungry and therefore doesn't need food right now.
- > A healthy child will not starve to death through stubborn food refusal.

Both parents and children have clear responsibilities around foods:

Remember that **parents** control **what** foods are offered
when foods are offered
where they are eaten

But only the **child** can control **how much** is eaten
which foods are eaten
whether to eat food at all

Relax and focus on the positive. Try to always find something to praise at the meal even if it is just the fact that they sat at the table!

Acknowledgment:

Royal Children's Hospital, Nutrition & Food Services Department
Flemington Rd
PARKVILLE
VICTORIA 3052.

Tucker without Tantrums: A guide to healthy eating for your toddler.
Department of Health WA (2005)

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Parental Guidance



Recommended

Action Plan

I/we intend to:

1. _____

2. _____

3. _____

Action is the proper fruit of knowledge

Proverb

Parental Guidance



Recommended

Action Plan

I/we intend to:

1. _____

2. _____

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Parental Guidance



Recommended

Scrumptious School Lunches!

Handout A9

It's a challenge finding the balance between a school lunch that kids will enjoy and one that is good for them. Try these tasty lunchbox ideas!

Involve Your Kids

- Children are more likely to eat their lunch when they are allowed to choose from a variety of healthy lunch choices. Help them to make their own lunch!
- Check that your children can open their lunchbox and all packets and containers that go in it.

Safe Lunches

- School lunches are made long before children eat them. Lunches also sit in warm school bags for half of the day. Lunches are likely to get warm - ideal for bacteria to grow and cause food poisoning.
- To keep food cool freeze a bottle of water or milk and place it into the lunchbox.
- To keep food fresh, wrap foods in plastic wrap or snap-lock plastic bags.

Delicious-Looking Lunches

- No one likes squashed food. To keep foods looking tasty, store them in a lunchbox. Store smaller items (like fresh or dried fruit) in small tupperware containers.

Tasty, Healthy Lunches

Choose a variety of foods from the five food groups - vegetables, fruits, breads and cereals, dairy products and meats/alternatives.

Vegetables

Keep vegies cold so they stay crisp and tasty

- Pack salads in a separate container.
- Small containers of vegetable sticks are a good snack - try carrots, capsicum, celery or cucumber - add cheese cubes for variety.
- Lettuce and grated carrot won't make sandwiches soggy if placed in the middle of the sandwich and other fillings (like cheese and ham) are placed next to the bread.
- Make mini-pizzas using English muffins or pita bread - top them with tomato paste, capsicum, corn and cheese and place under the grill!
- Celery sticks can be filled with peanut butter or cream cheese.

Fruits

Keep fruit cold and store it in a container so it stays crisp and tasty

- Wash fresh fruit and pack it into a small container to avoid squashing it. Use grapes, plums, strawberries, apricots and cut-up oranges, apples, and pears - drizzle lemon juice over apples to stop them turning brown.
- Add a small banana to the lunchbox.
- Mix dried fruit and place it into snap-lock plastic bags.
- Use tinned fruit in portion packs, or place it in a small container.
- Use fruit when cooking muffins and cakes and add these to the lunchbox.

Breads and Cereals

- Use wholegrain, wholemeal, multigrain, high fibre white, rye, fruit, or pumpkin breads - cut sandwiches into rectangles, triangles or fingers
- Cut off crusts, roll up and wrap in plastic for circular sandwiches
- Use round, long, or knot rolls, pita pockets, Lebanese or Turkish bread
- Make a pizza by topping a pita pocket or roll
- Homemade pikelets or pancakes
- Fruit buns
- Scones
- Homemade, low-fat, fruit-filled muffins and cakes
- Crispbread
- Rice cakes and crackers
- Use spreads such as; chutney, relish, avocado, hummus, tabouli, mustard, low-fat mayonnaise, peanut butter and cranberry sauce.

Dairy and Alternatives

Keep cold to prevent food poisoning

- Add a small carton of frozen milk to the lunchbox
- Add a frozen pot of yoghurt
- Cheddar cheese - sliced or grated cheese can be added to sandwiches, or cut into sticks and cubes and added to chopped salad vegetables in a small container
- Cottage, ricotta, light Philadelphia and other soft cheeses can be added to sandwiches, or used as a dip with chopped vegetables

Meat and Alternatives

Keep cold to prevent food poisoning

- Add lean chicken, turkey, beef, lamb, ham, tuna or salmon to sandwiches and salads
- Egg - boiled, wrapped and eaten alone, or chopped and added to a salad or sandwich
- Baked beans - mixed with lettuce or cheese and placed in a small container with a spoon

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Parental Guidance

Recommended

Quick, Tasty, Healthy Snacks!
Handout A10

Children have small stomachs and can't eat all of the energy, vitamins and minerals they need at meal times. Snacks are really mini-meals and are important to children's health. Try these quick, tasty snacks!

Bread, Cereal, Rice, Pasta and Noodles Group

- Breakfast cereal eg Weet-bix™ or porridge
- Bread or toast (plain or with a nutritious topping eg peanut butter or cheese)
- Raisin toast (fruit loaf) or plain yeast bun
- English muffin, crumpet or scone
- Noodles or pasta with a tomato based sauce
- Crackers or rice cakes
- Pita bread made into pizza or turned up to serve with dips
- Sandwich or jaffle
- Pikelet or pancake
- Homemade 'healthy' cake or slice containing fresh/dried/tinned fruit and/or fresh vegetables (reduce the usual amount of sugar and margarine and use wholemeal flour). Use patty pans to keep serves small.

Vegetable Group and Fruit Group

- Fresh fruit - perhaps a variety of fruits cut into wedges
- Frozen fruit or fruit juice iceblocks
- Fruit smoothie (fruit blended with milk or yoghurt)
- Dried fruit
- Raw vegetables cut into chunks or fingers - serve with a dip such as hommus, or small bowl of peanut butter
- Cucumber or apple slices 'sandwiched' together with peanut butter or cream cheese
- Corn on the cob
- Vegetable soup
- Homemade potato chips (microwave or boil potato first until just cooked, then brush with oil and place under the griller or in the oven)

Meat, Fish, Poultry, Eggs, Nuts, Legumes Group

- Baked beans
- Hard/soft boiled egg
- Wedges of omelette
- Peanut butter or hommus dip

Milk, Yoghurt and Cheese Group

- Milk as a drink (limit to 600ml/day)
- Custard or yoghurt

- Cheese - sliced, cubed or grated

Expensive?

Most of these healthy snack ideas are cheap. Even the healthy snacks that cost a little more are still cheaper than the 'junk' foods that children are often given.

Considering that snacks are as important as main meals, using leftovers or buying healthy snacks is money well worth spending.

Unhealthy Snacks

The following foods are 'treats' and should not be eaten daily:

- Lollies
- Sticky fruit bars e.g. Fruit Roll-ups™
- Chocolates and chocolate bars
- Sweet biscuits
- Cakes
- Iced buns and doughnuts
- Potato crisps
- Savoury biscuits e.g. BBQ Shapes™
- Hot chips
- Pies, pasties, sausage rolls
- Fruit juice drinks
- Cordials and soft drinks
- Ice creams



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Parental Guidance



Recommended

Fast, Easy Breakfast Ideas

Handout A11



Like throwing a log on a dying fire, breakfast stocks the brain after a long night without fuel. Children need breakfast to stay alert, concentrate at school and for energy to play and grow.

Breakfast foods to keep in the house:

- Fruit (fresh, canned and dried)
- Breakfast cereals (check the label for low-sugar/salt, high fibre choices)
- Breads (use wholemeal, mixed grain or high fibre)
- Eggs
- Cheese
- Baked beans
- Sweet corn
- Peanut butter
- Milk
- Yoghurt (including low-fat and fruit varieties)

Fast, Easy, Breakfast Ideas!

- Fresh fruit
- Wholegrain breakfast cereal with reduced-fat milk, topped with fruit
- Toast with peanut butter
- Toast with cheese and tomato
- Baked beans on toast
- Glass of milk
- Orange juice (unsweetened)
- Canned fruit (in natural juice)
- Boiled egg with toast fingers
- Porridge with sultanas
- Muesli with reduced-fat yoghurt/milk and fruit
- Fruit smoothie made with reduced-fat milk

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