

Healthy Choices

Better Foods	Examples	Justification
Fruit	Fresh, dried, fruit in juices, fruit puree	High in fibre, vitamins and minerals: low in energy.
Vegetables	Salads, carrots, tomatoes, cucumber, corncobs, etc.	High in fibre, vitamins and minerals: low in energy
Water		Essential for hydration
Sandwiches/rolls/fruit bread	Preferably with healthy filling such as cheese, meat, salad, vegemite.	Children need complex carbohydrates for energy.
Protein Foods	Cold spaghetti, pasta/noodles, meat, eggs etc.	High in protein, carbohydrates, vitamins and minerals.
Dairy Foods	Milk, yogurt/fruche, yoghurt tubes, custard, creamy rice, cheese.	Calcium content high therefore sugar in flavoured items is justified. Flavoured or unflavoured yoghurt is a better choice than other dairy desserts. Products should have about 170mg of calcium per 100g.
Crackers	Plain crackers, rice cakes, corn thins, rice crackers.	Children need carbohydrates of energy. Please Note – any of these items that are flavoured are not acceptable due to the high salt and fat content.
Cheese and biscuit snacks		These are popular and a good source of calcium. Some may be high in salt so rather than pre-packaged varieties a better choice would be wrapping some crackers and a slice of cheese in a plastic foil.
Better Left Out	Examples	Justification
Sticky, sweet foods	Muesli bars – all types Breakfast bars Fruit filled bars Fruit roll ups Dried Fruit bars Rice bar treats	Stick to teeth and cause dental cavities. High in sugar and fat content.
Salty, fatty foods	Potato chips/crisps, corn chips, cheese extruded snacks, small oven baked savoury biscuits, 2 minute noodles, flavoured rice	Salt content too high – can be a risk factor for heart disease and high blood pressure.

	wheels.	Fat can contribute to obesity.
High fat and or high sugar goods	Lollies, chocolate, carob and yoghurt coated sweets, cough lollies liquorice etc. muffins, cakes or iced buns including lamington, chocolate cake or chocolate muffins, muffin bars, breakfast cereal bars, donuts, sweet pastries, croissants. Chocolate spread with spoon, sweet dip and biscuit packs. Any sweet biscuit.	Can contribute to obesity, low in vitamins and minerals. Can contribute to dental cavities.
Sweet drinks	Cordial Blackcurrant syrup Soft Drinks Flavoured mineral water Any drink with caffeine Diet soft drinks	Can contribute to obesity and dental cavities Not appropriate for age group.
Fruit Juice	100% juice and fruit juice drinks	Low in fibre but high in vitamins, can contribute to obesity if more than one glass is consumed per day. Can contribute to dental cavities.