Children's diet - fruit and vegetables
Summary

- Remember to offer children a variety of fruit and vegetables every day.
- The variety of fruit and vegetables eaten is more important than the amount.
- Children’s serving sizes may be small and will depend on age, appetite and activity levels.

Coloutful and crunchy fruit and vegetables are an important and enjoyable part of your child’s diet. Both vegetables and fruit contain essential nutrients that are important for their health, growth and development. If you eat and enjoy fruit and vegetables together with your children every day they will usually follow your example.

Children learn by example

Most babies eat fruit and vegetables as one of their first solid foods. After the first year, you may notice your child is more fussy with food as they become more independent eaters. Often this fussiness with food includes fruit and vegetables.

Parents may worry if their child starts to eat less fruit and vegetables from time to time, but usually it causes no harm. It is not possible to force children to eat more fruit and vegetables. The best way is for parents to enjoy fruit and vegetables as a daily part of your whole family’s diet. It may take time, but this is how children learn best. So keep trying.

The benefits of fruit and vegetables

There are many reasons for everyone to enjoy eating a wide variety of vegetables and fruit. Vegetables and fruit provide important vitamins such as vitamin C and folic acid. They also have other plant substances that are thought important to help reduce the risk of some cancers and heart disease.

Any amount is better than none

All Australians are encouraged to eat two fruit and five vegetables daily, but many children and adults do not. Sometimes children may expect ‘tastier’ high fat and sugar snack foods instead. Perhaps parents give up offering vegetables or fruit because it seems children often leave these on the plate or in the lunchbox.

Continue to offer your child a variety of fruit and vegetables every day, and not just the type they like. Children’s serving sizes may be small and depend on their age, appetite and activity levels. Remember any amount is better than none and always try to find ways to include more.

Encourage your child to eat more fruit and vegetables

If you follow healthy eating habits, your child may eventually follow your lead. Keep offering fruit and vegetables in a variety of ways, as children are more likely to eat what is familiar to them. Never assume your child dislikes a particular fruit or vegetable. The next time you offer it may be the day they decide to try it. Children’s tastes do change with age.

The five steps to success include:

- Involving your child in food preparation and planning
- Enjoy fruit and vegetables
- Presentation
- Include fruit and vegetables wherever possible
- Keep trying.

Involve your child in food preparation and planning

Suggestions include:

- Involve your child in choosing which fruit or vegetables they would like.
- Take your child fruit and vegetable shopping and let them see, smell and feel the fruit and vegetables with you.
- Ask your child to draw a picture and describe the food to you.
- Let your child help wash and prepare fruit and vegetables. Use this opportunity to explore new colours and shapes.
- Encourage their skills by letting them make a simple salad to serve themselves.
• Count out grapes or berries together into a bowl.
• Grow some vegetables or herbs in the garden or pot. Let your child water and nurture the plant.

**Enjoy fruit and vegetables**

Suggestions include:

• Remember to enjoy meals together with your child whenever possible. If your child sees you eating and enjoying a wide variety of fruit and vegetables, they are more likely to join in.
• Sometimes a child may prefer their vegetables raw rather than cooked.
• A child may refuse new foods if mealtimes are stressful, so try and focus on the positives about the meal and avoid arguments.

**Presentation**

Suggestions include:

• Keep a bowl of fresh fruit handy. Keep some vegetables such as peas, cherry tomatoes, baby carrots and mushrooms in the fridge to grab for a quick snack.
• Make vegetables and fruit look great on the plate. Serve different coloured fruit and vegetables, chop them up for a change or serve them on a special plate.
• For reluctant eaters, try a new fruit and vegetable once a week.

**Include fruit and vegetables wherever possible**

Suggestions include:

• Include vegetables and fruit in a range of ways and with most meals and snacks.
• Rather than searching for new recipes, try to increase the variety or amount of vegetables added to your favourite family recipes such as pasta sauces, soups or stir-fries.

**Snack suggestions**

Include vegetables and fruit in snacks too. Try these ideas for snacks:

• Corn on the cob
• Jacket potato
• Pumpkin soup or minestrone
• Plain homemade popcorn
• Cut-up vegetables with salsa or yoghurt dips
• Muffins, pikelets or cakes made with added fruit or vegetables
• Frozen fruit or vegetable segments
• Skewers of fruit
• Stewed fruit
• Fruit crumble
• Tinned fruits in juice
• Fruit salad or a fruit platter.

**Keep trying**

Suggestions include:

• Children need to have the opportunity to learn, or sometimes to re-learn, to enjoy fruit and vegetables. Your role is to make them available. Remember your child may need to see a fruit or vegetable 10 or more times before they are ready to try it!
• Always include a small serving of vegetables on your child’s plate. Encourage them to try but let them decide whether or not they eat them.
• Offer crunchy, raw vegetables before the main meal, when children are often most hungry.
• Try to avoid preparing alternative options to the meal you have prepared. Your child may choose to leave certain foods, but will learn to accept the meal offered if nothing else is put forward.

**Healthy choices**

All vegetables and fruits are healthy. Fruit and vegetables may be any colour, shape, texture or variety. They can be fresh, frozen, tinned or dried. They may be raw, cooked, steamed, boiled, microwaved, stir-fried or roasted.

Variety is important. Try to choose different coloured fruit and vegetables, particularly orange, green and red. Some examples are melon, stone fruit, broccoli, spinach, leafy greens, tomatoes, carrot and pumpkin. Sometimes vegetables and fruit can seem expensive. To keep down the cost, choose those in season and use frozen or tinned varieties as well.

**Other issues**

Common fruit and vegetable related issues include:

• **Fruit juices are not necessary** – it is better to eat the fruit instead and have a thirst-quenching glass of water. Fruit juices may be a good source of some vitamins, but the downside is they are high in natural sugars and low in fibre. If you do include fruit juice in your child’s diet, limit this to one small glass per day.
Potato chips are not the best way to eat potatoes – chips and crisps are made from potatoes but prepared by cooking in oil. They are high in fat and salt, and best left for special occasions.

Fruits bars and fruit straps are high in sugar – even though they usually contain some fruit, they are low in fibre and stick to children’s teeth, so are best avoided. Children will enjoy a fresh fruit platter or frozen fruit pieces if offered instead.

Wash all fruit and vegetables – research shows that the amount of pesticides on fresh vegetables and fruit is very low and no reason for concern, even in very young children and breastfeeding mothers. However, vegetables and fruit should still always be washed before eating to reduce the risk from any microbial contamination.

Follow the seasons – when vegetables and fruit are out of season and more expensive, save money by using frozen, tinned or dried vegetables and fruit. These have vitamin and nutritional contents similar to fresh products.

Supervise young children – to reduce the risk of choking, toddlers and young children should always be seated and supervised while eating all foods, including chopped raw fruit, vegetables and all ‘hard’ foods.

Where to get help

- Dietitians Association of Australia Tel. 1800 812 942
- Maternal and child health nurse
- Your doctor

Things to remember

- Remember to offer children a variety of fruit and vegetables every day.
- The variety of fruit and vegetables eaten is more important than the amount.
- Children’s serving sizes may be small and will depend on age, appetite and activity levels.

References


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Healthy eating basics

Balancing energy in and energy out
A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance.

Body mass index (BMI)
Body mass index or BMI is an approximate measure of your total body fat.

Children's diet - fruit and vegetables
If you eat and enjoy fruit and vegetables every day, your child may eventually follow your lead.

Dairy and dairy alternatives
Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles.

Eggs
The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D, ...

Energy in food (kilojoules and calories)
A kilojoule is a unit of measure of energy, in the same way that kilometres measure distance.

betterhealth.vic.gov.au
FSANZ's role is to protect the health and safety of people in Australia and New Zealand by maintaining a safe food supply...

Getting enough protein
Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein (or...

Healthy eating tips
A good balance between exercise and food intake is important to maintain a healthy body weight...

How to cut down on salt
Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you’re not even aware of. Learn how to cut down on salt...

Kids and energy needs
It’s important for kids to eat a wide variety of foods for a healthy, well-balanced diet and to be physically active. Creating healthy habits during childhood helps to ensure lifelong healthy...

Look after your health at harvest time
Farmer health, wellbeing and safety are often neglected when facing the pressures of harvest. Simple safety measures can dramatically reduce the risk of injury and illness...

Food types

- Alcohol explained
  The size of a standard drink can vary according to the type of alcohol...

- Cereals and wholegrain foods
  Common cereal foods include bread, breakfast cereals and pasta...

- Dairy and dairy alternatives
  Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles...

- Fats and oils
  Animal products and processed foods like fried fast food are generally high in saturated fats...

- Fish
  Eating two or more serves of fish per week can reduce the risk of a range of diseases including dementia, depression and cardiovascular disease...

- Foods from plants and animals
  Some of the foods we eat come from animals and others come from plants.

- Fruit and vegetables
  Eating fruit and vegetables can help protect against some diseases including diabetes and some cancers...

- Getting enough protein
  Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein (or...

- Herbs
  Use herbs to enhance the flavour of virtually any dish, including desserts...

- Lunch at work
  Did you know lunch is just as important as breakfast? In other words, don’t skip lunch; you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work...

- Meat and poultry
  Meat and poultry are a great source of protein and lots of other nutrients your body needs. Check your recommended intake of meat and poultry and try to stick with it...

- Nutrition – Summer fruit and vegetables (video)
  Salads are a great way for you achieve your 5 serves of vegies every day...
- **Nuts and seeds**
  Nuts are a healthy food and a good source of protein and healthy fats...

- **Organic food**
  Organic foods are farmed in a more environmentally sustainable way than conventional foods...

- **Simple ways to cut down on fat**
  Cutting down on fat is not as hard as you think. Here’s how to maintain a healthy weight by consuming the right amount and types of fat...

- **Soft drinks, juice and sweet drinks - children**
  Encourage children to drink and enjoy water. Sweet drinks such as juice, cordial and soft drinks may cause health problems for children if consumed in large amounts...

- **Soft drinks, juice and sweet drinks – limit intake**
  Consumption of drinks containing added sugar is associated with weight gain, reduced bone strength and tooth erosion and decay...

**Vitamins and supplements**

- **10 tips for getting enough vitamin D**
  A balanced UV approach is required to ensure some sun exposure for vitamin D while minimising the risk of skin cancer...

- **Antioxidants**
  Antioxidants scavenge free radicals from the body's cells, and prevent or reduce the damage caused by oxidation...

- **Calcium**
  If you don't have enough calcium in your diet, your bones will eventually become weak and brittle...

- **Folate for pregnant women**
  Even women who aren’t planning to have a baby should increase their folate intake in case of unplanned pregnancy...

- **Iodine**
  Good sources of iodine include fortified bread and any type of seafood, including seaweed...

- **Iron**
  Iron is important for transporting oxygen in the blood...

- **Vitamin and mineral supplements**
  Taking vitamin supplements is no substitute for a healthy diet...

- **Vitamin B**
  The eight B-group vitamins are essential for various functions within the body...

- **Vitamin D**
  A balanced approach to sunlight exposure will help you get enough vitamin D while protecting against skin cancer...

- **Vitamin D - maintaining levels in winter (video)**
  Vitamin D is important for healthy bones, muscles and the nervous system...

- **Vitamins - common misconceptions**
  There is no evidence that any one vitamin can slow ageing, restore sex drive or cure infertility...

**Health conditions and food**

- **Arthritis and diet**
  No special diet or 'miracle food' can cure arthritis, but some conditions may be helped by avoiding or including certain foods...

- **Asthma and food allergies**
  It is important to identify any foods or food chemicals that may trigger your asthma, but this must be done under strict medical supervision...

- **Cancer and food**
  Diet can influence your risk of developing some cancers, but there is no evidence that specific foods can cause or cure cancer...

- **Cholesterol - healthy eating tips**
Replacing foods that contain saturated fats with foods that contain polyunsaturated and monounsaturated fats will help to lower your cholesterol.

- Coeliac disease and gluten sensitivity
  Coeliac disease is an immune disease caused by gluten.

- Diabetes and healthy eating
  Healthy eating for people with diabetes is no different than for everyone else.

- Eggs
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D).

- Food allergy and intolerance
  Food allergy is an immune response, while food intolerance is a chemical reaction.

- Food poisoning - prevention
  You can minimise the risk of food poisoning by taking simple precautions.

- Getting enough protein
  Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein or...

- Have you had an allergic reaction to packaged food?
  The Food Standards Code requires that certain foods must be listed on the package of a food, or made known to the customer upon request. If you experience an allergic reaction to a known allergen not...

- Health check
  This health assessment questionnaire will identify which zones of your lifestyle are contributing to your personal health risk and provide actions you can take to make positive change.

- Heart disease and food
  A diet low in saturated fats and high in fibre and plant foods can substantially reduce your risk of developing heart disease.

- Huntington's disease and diet issues
  Weight loss is often associated with Huntington's disease, but it doesn't appear to be a direct result of diet.

- Lunch at work
  Did you know lunch is just as important as breakfast? In other words, don't skip lunch; you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work.

- Mood and food
  Your mood can affect your food choices, and your food choices may affect your mood.

- Pregnancy and diet
  Good nutrition during pregnancy can help to keep you and your developing baby healthy.

- Scurvy
  Scurvy is uncommon in Australia but anyone whose diet is inadequate in vitamin C is at risk.

- Type 2 diabetes - healthy eating and exercise (video)
  People with type 2 diabetes talk about positive lifestyle changes that improve their quality of life.

Food science and technology

- Carbohydrates and the glycaemic index
  The glycaemic index (GI) can be a useful tool to control blood sugar levels.

- Eggs
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D).

- Fats and oils
  Animal products and processed foods like fried fast food are generally high in saturated fats.
Fibre in food
A diet high in fibre keeps the digestive system healthy.

Food additives
The long-term effects of consuming a combination of different additives in our food are currently unknown.

Food - genetically modified (GM)
Some foods include ingredients that have been genetically modified (GM), or are made using ingredients derived from GM organisms.

Food irradiation
Food irradiation can kill insects, moulds and bacteria, but it cannot kill viruses.

Food labels
Food labels carry useful information to help you make good choices about food.

Food - pesticides and other chemicals
Chemicals such as pesticides, antibiotics and hormones are used to boost food production and ensure adequate food supply.

Food processing and nutrition
Careful cooking and storage will help retain the nutrients in your food.

Meat and poultry
Meat and poultry are a great source of protein and lots of other nutrients your body needs. Check your recommended intake of meat and poultry and try to stick with it.

Mercury in fish
Pregnant women and young children should limit consumption of fish that contain high levels of mercury.

Protein
The human body can't store protein, so it must be supplied daily from the foods we eat.

Salt
Too much sodium (salt) can cause high blood pressure and many other health conditions.

Sugar
Too much sugar in the diet can contribute to health problems, so limit foods and drinks with high amounts of added sugar.

Planning shopping and cooking

10 tips for healthy shopping
Make a shopping list for healthier food choices
10 tips for healthy shopping

Breakfast
Children who skip breakfast may lack sufficient vitamins and minerals including iron, calcium, zinc and vitamin B2.

Celebrations - Christmas Day the healthy way (video)
Victorian State Public Health Nutritionist, Veronica Graham shows us how to cook a light and healthy Christmas meal without overindulging. Whatever way you celebrate, there are ways to eat healthily.

Celebrations - healthy birthday parties (video)
Birthday parties can be healthy as well as fun. Flip Shelton reports on some great ideas for healthy and tasty treats for your child’s next birthday.

Cooking healthy alternatives (video)
Chef Andrew Blake shows people how to cook healthy fish and chips, spring rolls and pancakes.

Cooking tips for busy people
If you lack the time or motivation to cook, try these tips.

Eating out – healthy food from different cultures (video)
Nutritionist Shane Bilsborough takes us on a tour of Melbourne’s restaurants. Some popular food from different cultures is high in fat and kilojoules. There are, however, some healthy alternatives.
- Food labels
  Food labels carry useful information to help you make good choices about food..

- Food shopping - a family's healthy market shop (video)

- Food shopping - fresh produce choices at local markets (video)
  Reporter Flip Shelton takes us on a tour and shows us what fresh produce is available at a local market.

- Food to have sometimes
  Junk food should be kept to a minimum. It usually contains a lot of fat, salt or sugar.

- Food variety and a healthy diet
  If you eat a variety of good food, your diet will provide you with adequate nutrition.

- Healthy budget - tucker talk tips
  You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies.

- Healthy cooking tips
  Eating healthy food doesn't mean giving up your favourite foods and switching to eating only salads.

- Healthy eating tips
  A good balance between exercise and food intake is important to maintain a healthy body weight.

- How to cut down on salt
  Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you're not even aware of. Learn how to cut down on salt.

- Lunch at work
  Did you know lunch is just as important as breakfast? In other words, don’t skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work.

- Lunch - avoid the fast food fix (video)
  Nutritionist Shane Bilsborough shows us how much energy it takes to burn off a fast food lunch. Join trades, Corky and Dunny as they find out how to maintain a healthy weight.

- Lunch boxes - healthy shopping ideas (video)
  Victorian State Public Health Nutritionist Veronica Graham takes us shopping for the right foods to include in your child's lunchbox.

- Lunch boxes - how to make them healthy (video)
  Victorian State Public Health Nutritionist Veronica Graham shares three healthy and delicious lunchbox examples for the kids and provides some great food preparation tips to save you time throughout.

- Reading food labels - tucker talk tips
  Labels on packaged food can give you useful information about the nutrition, ingredients, storage and weight of the food. Add full stop to null quote.

- Shopping at fresh food markets (video)
  Victorian State Nutritionist, Veronica Graham talks about the benefits of shopping at fresh produce markets.

- Tips to keep our snacks on track
  Most of us are prone to the odd snack or two. Check out these simple tips to keep your snacks on track.

Food safety and storage

- Avoid food poisoning - Cook Safe (video)
  Learn how to prepare and cook food safely at home.

- Avoid food poisoning - Shop Safe (video)
  Learn how to keep your hot and cold foods separate and shop safely for food.

- Avoid food poisoning - Store Safe (video)
  Learn how to store food safely in your fridge at home.

- Be savvy with food this summer
How to keep food fresh and safe in warmer weather...

- Cockroaches
  Cockroaches prefer to live in kitchens and other food preparation areas, so they can feed off food spills...
- Don't let food poisoning ruin your summer (slideshow)
  How to avoid food poisoning this summer...
- Eggs
  The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D...
- Emergencies - coping without gas or electricity
  In a gas or electricity blackout you may have to think laterally to come up with ways to continue bathing, eating and keeping warm...
- Fishing - eat your catch with care
  People who fish in the Lower Yarra and Maribyrnong rivers need to be careful about eating their catch because of the risk of chemical exposure...
- Food poisoning - listeria
  Listeria infection is uncommon but very dangerous for the elderly, people whose immune systems are not working properly and pregnant women and their unborn babies...
- Food poisoning - prevention
  You can minimise the risk of food poisoning by taking simple precautions...
- Food safety and storage
  High-risk food should be kept at 5 °C or below, and above 60 °C to avoid the temperature danger zone and food poisoning...
- Food safety - eggs
  To enjoy eggs safely - buy clean, keep cool and cook well...
- Food safety for summer celebrations (video)
  In the hot weather there is a higher risk of food poisoning but if you follow some simple rules when you prepare, handle and store food it will significantly reduce your risk of getting sick...
- Food safety outdoors
  Food poisoning is a real risk when taking food outside the home, especially in warmer weather...
- Food safety when cooking
  Most foods should be cooked to at least 75 °C to minimise the risk of food poisoning...
- Food safety when eating out
  If you have any doubt about the safety of food when you're out, don't eat it...
- Food safety when shopping
  When you shop, choose, pack and transport food carefully...
- Food Standards Australia New Zealand (FSANZ)
  FSANZ's role is to protect the health and safety of people in Australia and New Zealand by maintaining a safe food supply...
- Food – use-by and best-before dates
  Check the 'use-by' or 'best before' date when you buy food...

Dieting and diets

- 10 tips on how to eat more calcium
  Reduce your intake of coffee, alcohol and soft drinks... 10 tips on how to eat more calcium...
- Body image and diets
  Some people diet because they have a poor body image, not because they want to be a healthy weight...
- Dairy and dairy alternatives
  Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also

betterhealth.vic.gov.au
**Food allergy and intolerance**

Food allergy is an immune response, while food intolerance is a chemical reaction.

**Food for sport - tucker talk tips**

Carbohydrate is the most important nutrient for athletes.

**Getting enough protein**

Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein.

**Heart disease and food**

A diet low in saturated fats and high in fibre and plant foods can substantially reduce your risk of developing heart disease.

**How to cut down on salt**

Even if you are careful about the salt you consume, you may be surprised that some of the food you eat contains hidden salt that you’re not even aware of. Learn how to cut down on salt.

**Mood and food**

Your mood can affect your food choices, and your food choices may affect your mood.

**Simple ways to cut down on fat**

Cutting down on fat is not as hard as you think. Here’s how to maintain a healthy weight by consuming the right amount and types of fat.

**Sporting performance and food**

Good nutrition and a healthy diet are essential to improving your sports performance.

**Tips to keep our snacks on track**

Most of us are prone to the odd snack or two. Check out these simple tips to keep your snacks on track.

**Vegetarian and vegan eating**

A well-planned vegetarian or vegan diet can meet nutritional needs during all stages of life.

**Vegetarian diets and children**

Children can eat a vegetarian diet and stay healthy as long as their extra nutritional needs are met.

**Weight loss and fad diets**

With a balanced eating plan, it's what you leave in that makes all the difference.

**Weight management services**

Always consult with your doctor before choosing any weight management service.

**Women's nutrition for life**

‘Nutrition for life’ identifies a woman’s four main life stages and how to eat healthily for each of them. Following this information can lead to better health at any stage of your life.

**Nutritional needs throughout life**

**Women's nutrition for life**

‘Nutrition for life’ identifies a woman’s four main life stages and how to eat healthily for each of them. Following this information can lead to better health at any stage of your life.

**Bottle feeding - nutrition and safety**

Breastmilk or commercial infant formula is necessary for all babies less than 12 months.

**Breastfeeding and your diet**

Breastfeeding women need to eat regularly and include a wide variety of healthy foods in their diet.

**Childcare and healthy eating**

Childcare centres should provide healthy meals for your children.

**Dairy and dairy alternatives**

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Dairy products (and dairy alternatives) are packed with calcium, protein and lots of other essential nutrients. Calcium is vital for healthy teeth and bones. It is also important for your muscles.

- Disability - managing underweight

There are a number of ways that a person with a disability can successfully avoid unwanted weight loss.

- Eating tips for babies

First foods for babies can be prepared easily and cheaply at home without salt, seasonings and sweeteners.

- Eating tips for children (1) - older toddlers

Offer children the same foods as the family, with a variety of textures and flavours for balanced nutrition.

- Eating tips for preschoolers

Children are able to decide how much food they need for activity and growth if allowed to eat according to their appetite.

- Eating tips for school children

Snacks are an important part of a healthy diet for active children, so offer nutritious as well as high energy snacks.

- Eating tips for young toddlers

Children have a natural ability to sense when they are hungry and when they are full.

- Eggs

The humble egg is a powerhouse of nutritional goodness. Eggs are full of things your body needs. They are a great source of protein, antioxidants, vitamins and minerals (such as vitamin A, vitamin D...)

- Food and your life stages

The nutritional requirements of the human body change as we move through different life stages.

- Food for babies - tucker talk tips

Before six months, breastmilk or formula is the only food and drink that your baby needs.

- Getting enough protein

Protein is an important nutrient that helps your body grow and repair cells. Most Australians eat more than enough protein, but if you are vegetarian or vegan you may not be getting enough protein (or...)

- Good food for Elders - tucker talk tips

Good nutrition, a healthy diet and physical activity can help Elders prevent or manage health problems.

- Healthy active Koori kids - tucker talk tips

Good nutrition and physical exercise help to keep Koori kids healthy and avoid diseases when they get older.

- Healthy budget - tucker talk tips

You can buy more food if you spend most of your money on basic healthy foods like bread, cereals, fruit and vegies.

- Healthy eating during pregnancy - tucker talk tips

Some foods should be avoided during pregnancy as they carry bacteria that could harm your unborn baby.

- Healthy eating for adolescent girls

Eating healthy food is important at any age, but it’s especially important for teenagers.

- Healthy eating for women in midlife

As you get older you need fewer calories, but your need for other nutrients remains unchanged. Healthy.

- Healthy eating for women in their later years

Being well nourished improves women’s mental and physical health and quality of life at all life stages.

- Healthy eating for young women

Good nutrition is especially important during this stage of your life when there is so much happening: independent living, career development, travel, establishing relationships, babies and families.

- Lunch at work

Did you know lunch is just as important as breakfast? In other words, don’t skip lunch: you need it every day! A nutritious lunch will give you the energy to get through an afternoon of work.
Nutrition needs when you’re over 65

Nutrition needs vary with age and gender. Now you’re older, the foods and drinks that make up a healthy diet may need to be slightly different from when you were younger. In general, vou&...
Healthy pantry

Check out 90+ healthy ingredients for everyday cooking, including fruits, vegetables and herbs.

Healthy pantry recipes

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This page has been produced in consultation with and approved by:

Royal Children's Hospital - Nutrition Department

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