

Healthy food ideas for children aged 1 - 4 years and older



Children will copy
what you do, so if you
eat healthy food and
drink plenty of water,
so will your children.

Ideas for breakfast

- Porridge
- Low sugar cereals like wheat biscuits with milk and fruit
- Toasted cheese fingers
- A boiled egg and toast fingers/poached egg on toast
- Baked beans on toast
- Toast with smooth peanut butter
- Toast with vegemite.
- Fish, rice and vegetables

Healthy snacks

- Fresh fruit – apples, bananas or oranges or whatever fruit is cheap and in season
- Cooked carrot sticks or cut-up cucumber
- Yoghurt
- Cheese
- Crackers with cheese or smooth peanut butter
- Smooth peanut butter sandwiches – use brown bread, not white all the time
- A boiled egg
- Tinned ravioli
- Tinned spaghetti
- A small piece of chicken (no skin)
- Left over dinner (casseroles, stews, pasta with minced meat, baked vegetables)



Ideas for lunch and dinner

(baked or barbecued fish is better than fried)

- Fish soup with vegetables and rice
- Meat and vegetable stew with rice
- Meat, mashed potato and vegetables
- Pasta with peas, corn and tinned tuna
- Stir fried meat and vegetables with noodles
- Rissoles, vegetables and rice
- Spaghetti and mince made with tinned tomatoes
- Stewed, roasted or barbecued bush meats with vegetables and rice (remember to take the fat off turtle and dugong!)

Fresh, frozen and tinned vegetables are all good to use. Add vegetables when you are cooking.



Use lots of different coloured vegetables like carrots, pumpkin, cabbage, tomatoes, green beans, broccoli, cauliflower and chinese cabbage.

Drinks for children

- Give your child water or milk to drink after meals.
- Make sure your child drinks plenty of water during the day.
- Teach your child to drink from a cup.

Drinks are an important part of your child's diet.



**Queensland
Government**
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For more information contact your local health worker