Healthy foods and drinks for children aged 1–4 years

Growing Strong Feeding you and your baby

Queensland Government

Great state. Great opportunity.

By the time your child is one year old, they should be eating the same foods as the rest of the family.

1(0)

1

Healthy foods and drinks for children aged $1 - 4 y_{ears}$



Children will copy what you do, so if you eat healthy food and drink plenty of water, so will your children. The whole family needs to have healthy foods and drinks.

2

3

Feeding small children

(0)



Children have small stomachs. They need to eat about six small meals a day. Healthy foods and drinks for children aged $1 - 4 year_s$



- Give small children plenty of time to eat.
- Let your child decide how much they want to eat.
- Offer healthy foods (vegetables, fruits, lean meat and fish, breads, cereals, rice and pasta and dairy foods).

OGHU



- Take healthy food with you when you go out like sandwiches or fruit.
- Offer milk or water after eating.

5

 (\mathbf{O})





Children may refuse to eat when they:

- have too much food on their plate
- have filled up on drinks and/or junk food.



7

- want to feed themselves
- are too tired
- don't feel well.

 (\mathbf{O})

C

Healthy foods and drinks for children aged $1 - 4 year_S$

Trying new foods

Your child may need to try a new food many times before eating it. If the food isn't liked the first time, try again later.

Offer a new food:

- with a food that your child already enjoys eating
- when other children and adults are eating that food. It may help them to try it.



Fussy eating

 (\mathbf{O})

- Children can sometimes only want to eat one type of food. Be patient - children will not let themselves starve.
- Keep on offering your child healthy food and they will eventually eat it.



Healthy foods and drinks for children aged $1 - 4 year_s$

CHIPS

You eat your

and

dinner

we'll get

Things to avoid

- Forcing your child to eat.
- Giving your child drinks or snacks before a meal.
- Feeding your child junk foods and sweet drinks.
- Bribing with junk foods or sweet drinks.

• Giving your child foods that are easy to choke on – like nuts, popcorn, sausage skin, lollies, hard raw fruit or vegetables.

 $\left(\mathbf{O} \right)$





• Leaving your child alone when eating – they can easily choke.



Healthy food ideas

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



Healthy foods and drinks for children aged $1 - 4 y_{ear_s}$

Ideas for lunch and dinner

- Fish, rice and vegetables (baked or barbecued fish is better than fried)
- Sandwiches with meat, or fish, or egg, and some salad vegetables
- Meat and vegetable stew with rice
- Meat, mashed potato and vegetables

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

- Stir fried meat and vegetables with noodles
- Rissoles, vegetables and rice
- Stewed, roasted or barbecued bush meats with vegetables and rice (remember to take the fat off turtle and dugong!)



Use lots of different coloured vegetables like carrots, pumpkin, cabbage, tomatoes, green beans, broccoli, cauliflower and Chinese cabbage. Healthy foods and drinks for children aged $1 - 4 year_S$

DUCED FAT

OGHUR

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 spaghetti
- A small piece of chicken (no skin)
- Left over dinner (casseroles, stews, pasta with minced meat, baked vegetables)

Some foods are not good for children.

- Foods like sausage rolls, meat pies, chicken nuggets and kabanas have too much fat and salt and not enough lean meat.
- Other junk food like cakes, biscuits, potato chips and hot chips. These foods are not good to keep your child healthy and growing well.



Healthy foods and drinks for children aged $1 - 4 year_S$

Healthy drinks

Water

- Water is the best drink for children.
- Water has no sugar and won't rot their teeth.

Healthy drinks are just as important as healthy food.



Tips for getting your child to drink water

- Keep cold water in the fridge, especially in hot weather.
- Get children to take water bottles with them when they are away from home.
- Children will copy what you do, so if you drink plenty of water, so will your children!

Milk

- Milk is good for strong bones and teeth.
- From one year old, children can drink fresh cows' milk, made-up powdered milk or long life (UHT) milk.
- Plain milk helps to protect teeth from tooth decay.
- Flavoured milks have more sugar plain milk is better.
- Limit milk to no more than two cups a day.



Babies should have breastmilk until one year old. Mum and Baby can continue breastfeeding for longer if they want to.

Your child doesn't need infant formula or toddler milks after turning one year old. Spend the money on healthy food and drinks instead. Healthy foods and drinks for children aged $1 - 4 year_S$

Drinks that are not good for your child

These drinks are high in sugar and can rot children's teeth and make children overweight.

- Soft drinks
- Tea/coffee
- Cordial
- Energy drinks
- Fruit juice drinks Sports drinks





RUSH ORDIA





Tips for drinks

- Try to get rid of bottles teach your child to drink from a cup, it is much better.
- If your child is still using a bottle, only use it for milk or water.
- Give your child milk or cold water after meals.

Never give children alcohol!

Looking after your child's teeth

Healthy teeth will help your child learn to chew and talk properly.

- Sweet, sticky foods cause tooth decay.
- Sugary drinks cause tooth decay, too.
- Clean your child's teeth twice daily

 use a small soft toothbrush and brush very lightly or use a soft cloth to wipe a baby's teeth and gums.
- Start with no toothpaste. After your child is used to it, use a small amount (less than the size of a pea) of children's toothpaste.



- Encourage everyone in your family to clean their teeth
- Try to get rid of dummies if your child is still using a dummy, don't dip it in honey or syrup.



If you are worried about the way your child is eating, talk to your local health worker, child health nurse, nutritionist or doctor or call 13 HEALTH (13 43 25 84).

Growing Strong Feeding you and your baby

For more information contact your local health worker or call 13 HEALTH (13 43 25 84).



http://creativecommons.org/licenses/by/2.5/au © State of Queensland (Queensland Health) 2012

Illustrator Julie Haysom



Great state. Great opportunity.