

Eat a Healthy Diet

Bread, cereal, rice, pasta and noodles group

This is the biggest group because you need to choose most of your daily food from here.

You need **5-9 servings** of these every day

- Carbohydrates, the food your body uses for energy.
- Vitamin B
- Some calcium
- Iron
- Fibre, which helps move the food along through your gut (intestines).

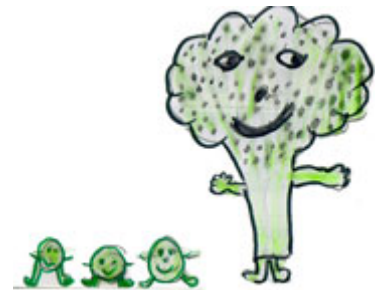


Vegetables and legumes

Lots of vegetables are very good for you, and there are lots of different ones around.

You need **4 or 5 servings** of these every day.

- Vitamins
- Minerals
- Carbohydrates
- Fibre

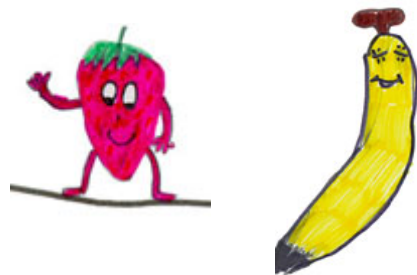


Fruit

There are heaps of different fruits, including canned and dried, so it is pretty easy to eat plenty.

You need **2 or 3 servings** every day.

- Vitamins
- Carbohydrates
- Fibre
- Minerals

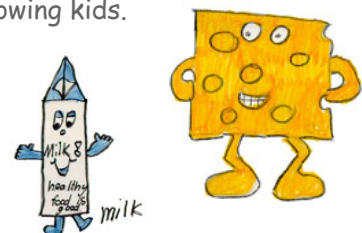


Milk, yoghurt and cheese group

This group (sometimes called dairy products) is pretty important for growing kids.

You need **2 to 4 servings** every day.

- Calcium
- Protein
- Vitamins



Meat, poultry, fish, beans, eggs, nuts and legumes

This group is just as important to keep you healthy, but you can see from the size of the serving on the plate that your body doesn't need as much from this group as the others. 'Poultry' just means chicken, turkey and other birds

You need a **half to 2 servings** from this group each day.

- Protein
- Iron
- Vitamins
- Minerals



Fats and oils

Fats and oils are not in the healthy food circle. They are down in one corner as foods that you need a bit of but not too much.

Your body still needs them, but they can be found in other foods like meat and dairy products.

Cakes, chips and lollies

Of course most kids like these foods, but the truth is your body is not too keen on having lots of them. It only needs to use a little bit and the rest just sits around in all the wrong places! So you should only eat a little bit and **not very often** - maybe at special times like parties or once a week.



The rule is:

"To eat a healthy diet:

- Eat enough food from each group every day
- Choose different kinds of foods from each group every day (it gets boring eating the same thing all the time doesn't it?)
- Eat plenty of plant foods (the two biggest groups).
- Eat some animal foods (meat and dairy products).
- Eat little from the 'sometimes' foods.
- Drink lots of WATER!
- Get plenty of exercise."

Information taken from Kids Health - <http://www.cyh.com>

