

# Food for health

## Dietary Guidelines for Children and Adolescents

### Encourage and support breastfeeding

#### Children and adolescents need sufficient nutritious foods to grow and develop normally

- Growth should be checked regularly for young children
- Physical activity is important for all children and adolescents

#### Enjoy a wide variety of nutritious foods

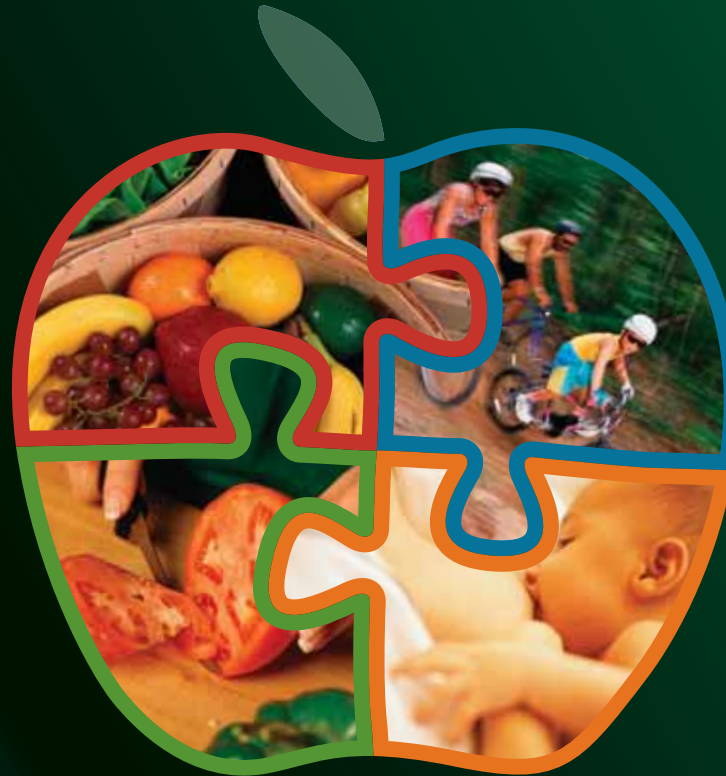
##### Children and adolescents should be encouraged to:

- Eat plenty of vegetables, legumes and fruits
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Include lean meat, fish, poultry and/or alternatives
- Include milks, yoghurts, cheeses and/or alternatives. Reduced-fat milks are not suitable for young children under 2 years, because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents
- Choose water as a drink

##### and care should be taken to:

- Limit saturated fat and moderate total fat intake. Low-fat diets are not suitable for infants
- Choose foods low in salt
- Consume only moderate amounts of sugars and foods containing added sugars

### Care for your child's food: prepare and store it safely



## Dietary Guidelines for Australian Adults

### Enjoy a wide variety of nutritious foods

- Eat plenty of vegetables, legumes and fruits
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Include lean meat, fish, poultry and/or alternatives
- Include milks, yoghurts, cheeses and/or alternatives. Reduced-fat varieties should be chosen, where possible
- Drink plenty of water

##### and take care to:

- Limit saturated fat and moderate total fat intake
- Choose foods low in salt
- Limit your alcohol intake if you choose to drink
- Consume only moderate amounts of sugars and foods containing added sugars

### Prevent weight gain: be physically active and eat according to your energy needs

### Care for your food: prepare and store it safely

### Encourage and support breastfeeding



Australian Government  
Department of Health and Ageing  
National Health and Medical Research Council

Materials including a booklet and brochure for the general public and nutrition educators are available by contacting the Population Health Publications Officer, Australian Government Department of Health and Ageing, on toll free 1800 020 103 extension 8654 or email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au)