


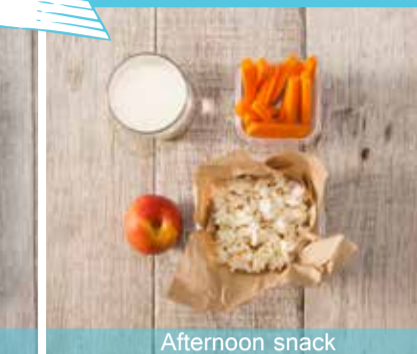



MAKE THEIR MEALS COUNT






A guide to feeding your child (4-8 year olds) over a day

Using healthy everyday foods, each day offers enough energy and nutrition for a 4-8 year old boy or girl of average height, healthy weight and moderate activity.






SAMPLE DAY 1

				
Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
Baked beans	Fruit ²	Wholemeal chicken & lettuce sandwich	Plain popcorn	Fish cakes - using mashed potato & tinned fish (lemon wedges optional)
Wholegrain toast	Pikelets	Cherry tomatoes	Fruit	Corn cob and broccoli
Reduced fat milk ¹	Water	Water	Carrot sticks	Reduced fat yoghurt ¹
			Reduced fat milk ¹	Water






SAMPLE DAY 2

				
Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
Wheatflake biscuits	Carrot ²	Boiled egg	Wholegrain crackers with reduced fat cheese ¹	Spaghetti bolognese
Reduced fat milk ¹	Banana	Wrap spread with hummus	Sliced tomato	Carrot, capsicum, cucumber sticks
Water	Fruit bread	Slices of capsicum	Celery sticks	Fruit and reduced fat custard ¹
	Reduced fat milk ¹	Snow peas	Water	Water
	Water	Water		

SAMPLE DAY 3

				
Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
Raisin toast	Baked beans	Wholemeal cheese and Vegemite™ roll	Wholemeal toast with avocado	Chicken stirfry with vegetables
Fruit	Fruit ²	Carrot, celery sticks	Reduced fat milk ¹	Rice
Reduced fat milk ¹	Water	Water		Water

SAMPLE DAY 4

				
Breakfast	Morning snack	Lunch	Afternoon snack	Dinner
Scrambled egg	Fruit ²	Pasta salad - cherry tomatoes, corn, capsicum, tuna, butter beans	Vegetable frittata	Homemade pizza - ham, cheese, capsicum, mushroom, sweet potato
Wholegrain toast	Rice crackers	Water	Reduced fat milk ¹	Corn cob
Reduced fat milk ¹	Cucumber sticks			Canned fruit & yoghurt
	Hummus			Water
	Water			

¹Reduced fat milk, yoghurt and cheese is recommended for most people two years and over.

²For Crunch&Sip® fruit break at school.



Health
Central Coast
Local Health District