

# KID'S HEALTHY EATING PLATE

Use the Kid's Healthy Eating Plate below as a visual guide to help you create healthy, balanced meals for your child.

## Veggies, Salad & Fruit

Aim for 1/3 of the plate to be veggies, salad or fruit.

Try to offer at least 2 different types of colours per meal in order to expose your child to a variety of different fruit and vegetables. If your child finds vegetables particularly challenging then consider offering some fruit alongside the vegetables. Consistent exposure to different vegetables without pressure is important. You might like to hide veggies in meals (e.g. grated carrot in meatballs or grated zucchini in bolognese) but it's important that your child also sees vegetables on their plate. Remember that vegetables can be offered in many different ways (e.g. raw, steamed, roasted, grated and mashed).

## Carbohydrates

Aim for 1/3 of the plate to be carbohydrates.

Ideally offer wholegrain carbohydrates (e.g. brown rice, quinoa, oats, wholegrain bread, wholegrain crackers). Wholegrain carbohydrates are rich in fibre, vitamins and minerals and provide children with a sustained release of energy. Start with small changes such as mixing some brown rice with your child's white rice or offering a zebra sandwich (one piece of white bread and one piece of wholemeal bread).

## Proteins

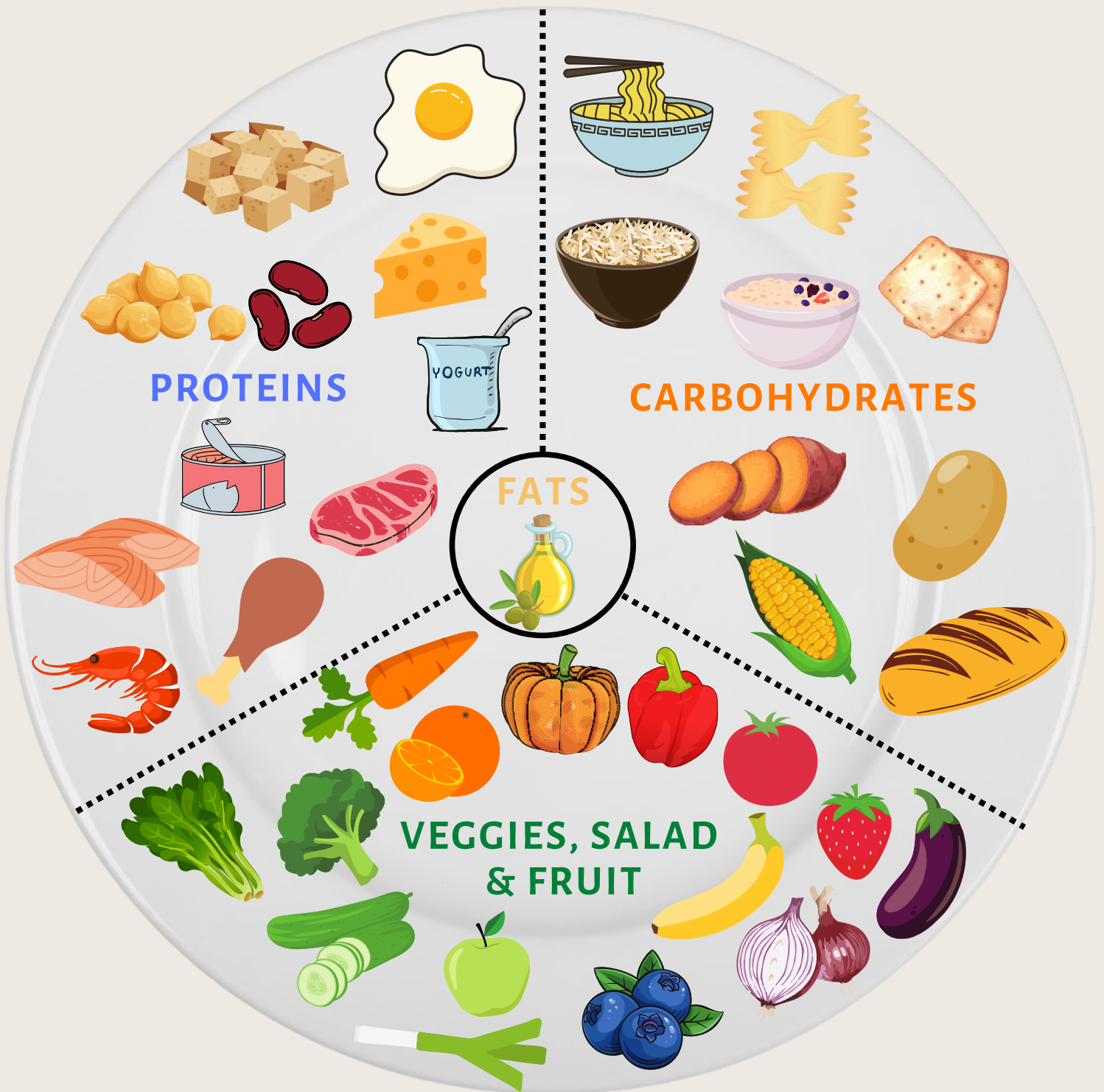
Aim for 1/3 of the plate to be proteins.

Try to offer a range of both animal and plant based proteins. When offering animal based proteins such as meat, choose unprocessed, lean cuts of meat. Utilise plant based sources of protein such as legumes (e.g. kidney beans, lentils and chickpeas) where possible as these are also rich in fibre which plays a role in gut health. Try adding a can of kidney beans to your minced meat.

## Fats

It's important to remember that fat is a necessary part of your child's diet, and what matters most is the type of fat. Focus on offering your child unsaturated fats which includes foods such as Extra virgin olive oil, oily fish, nuts, seeds and avocado.

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TRUTH