Healthy eating helps your child to get all the energy and nutrients they need for health, growth and development.

Healthy eating habits are also the best way to put your child on the right track for a healthy, happy life.

The five food groups
Try to provide your child with a wide variety of foods each day from the five food groups:
1. Vegetables
2. Fruit
3. Grain foods — mostly wholegrain
4. Milk, yoghurt, cheese and/or alternatives
5. Lean meats and poultry, fish, eggs, tofu, nuts, seeds and legumes.

Try to eat fruit, vegetables and grain foods most of the time, and moderate amounts of the other two food groups.

**Tip**
Foods with saturated fat, added salt and added sugar are ‘occasional’. Things like chips, pizza, burgers and lollies are best left for celebrations like birthday parties rather than being regular treats.

**Discovering healthy eating**
Help your child learn about healthy eating:
- Grow food together in a veggie patch, or herbs in a windowsill box. No space? Join a community garden!
- Eat meals together as a family and inspire your child by enjoying healthy food together.
- Find your closest farmers’ market and chat with experts about where food comes from: [www.farmersmarkets.org.au](http://www.farmersmarkets.org.au).

**More information**

If more help is needed please consult your family doctor or an Accredited Practising Dietitian, [www.daa.asn.au](http://www.daa.asn.au).