



Dietary Guidelines for children and adolescents

These guidelines were developed especially for children and adolescents, to assist with not only growth and development, but also the development of healthy and appropriate eating behaviours to set them up for life.

- 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.
- Eat 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 milk, 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.
- 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.

(Source: Commonwealth Department of Health and Ageing in conjunction with the National Health and Medical Research Council, 2003.)