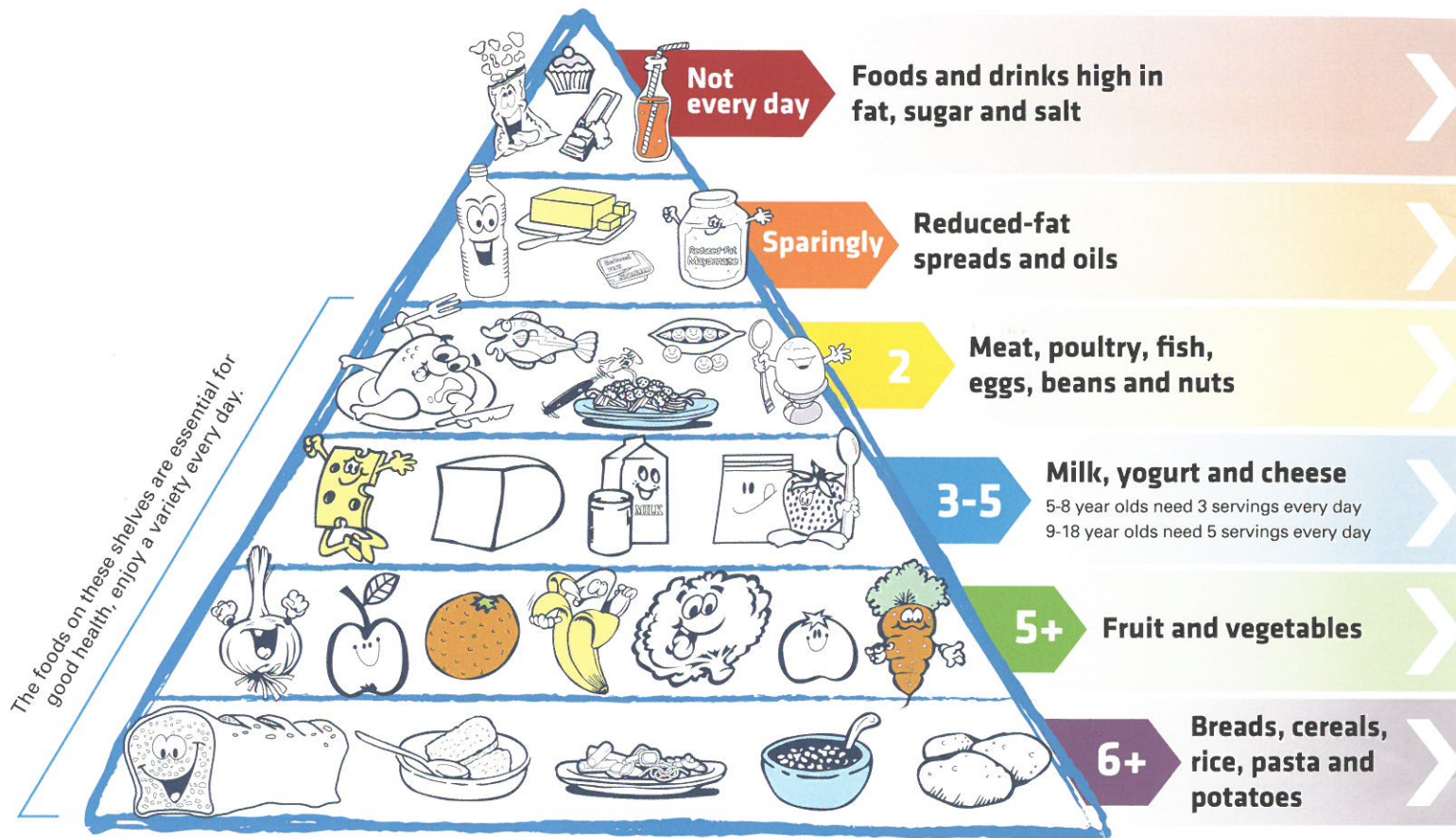


EAT SMART

Eating smart means eating different foods in the right amounts.

Use the Food Pyramid as a guide for choosing the right foods in the right amount for your child.



Limit to sometimes, not every day.

Servings equivalent to approximately 100 calories:

- 4 squares of chocolate, 1 chocolate biscuit or 2 plain biscuits
- 1 small cup cake (no icing), ½ or 1 cereal bar (check the label)
- ½ can or 200ml sugary drink, 1 bag lower-fat crisps
- 1 scoop of vanilla ice-cream, 1 plain mini-muffin

Use as little as possible. Choose reduced-fat or light spreads. Choose rapeseed, olive, canola, sunflower or corn oils.

One serving equals:

- 1 portion pack of reduced fat spread for 2-3 slices of bread
- 1 teaspoon of oil per person when cooking
- Mayonnaise and salad dressing also contain oil

Choose lean meat and low-fat cooking methods (grilling, baking, steaming or boiling). Choose fish twice a week - oily fish is best.

One serving equals:

- The child's palm of the hand - width and depth without fingers and thumbs, shows how much meat, poultry or fish needed in a day
- 2-3 dessertspoons of peas, beans or lentils
- 1 egg

Reduced-fat or low-fat varieties are best.

One serving equals:

- 1 glass of milk (200ml) (skimmed milk is suitable from 5 years of age)
- 1 carton yogurt (125g) or 1 yogurt drink (200ml)
- 1 matchbox size (25g) hard or semi-hard cheese such as cheddar or edam
- 50g soft cheese such as brie or camembert

More is better.

One serving equals:

- 1 kid-size medium fruit - apple, orange, pear or banana
- 2 small fruits - plums, kiwis, mandarin oranges or a handful of grapes
- ½ cup or 4 dessertspoons of cooked vegetables - fresh or frozen
- 1 bowl of salad - lettuce, tomato, cucumber, 100ml unsweetened fruit juice

Include in each meal. High fibre varieties are best.

One serving equals:

- 1 thin slice of bread, 2 breakfast cereal wheat or oat biscuits
- 3 dessertspoons of dry porridge oats or muesli
- 4 dessertspoons of flake type breakfast cereal
- 3 dessertspoons of cooked pasta, rice or noodles, 1 medium or 2 small potatoes