

Healthy foods and drinks for children aged 1–4 years



Growing Strong Feeding you and your baby

Great state. Great opportunity.



Queensland
Government

By the time
your child is one
year old, they should
be eating the same
foods as the rest
of the family.





Children will copy what you do, so if you eat healthy food and drink plenty of water, so will your children.

The whole family needs to have healthy foods and drinks.

Feeding small children



Children have small stomachs. They need to eat about six small meals a day.





- Give small children plenty of time to eat.
- Let your child decide how much they want to eat.
- Offer healthy foods (vegetables, fruits, lean meat and fish, breads, cereals, rice and pasta and dairy foods).



- Offer food that your child can easily pick up and eat.
- Take healthy food with you when you go out – like sandwiches or fruit.
- Offer milk or water after eating.



Children may refuse to eat when they:

- have too much food on their plate
- have filled up on drinks and/or junk food.





- want to feed themselves
- are too tired
- don't feel well.



Trying new foods

Your child may need to try a new food many times before eating it. If the food isn't liked the first time, try again later.

Offer a new food:

- with a food that your child already enjoys eating
- when other children and adults are eating that food. It may help them to try it.



Fussy eating

- Children can sometimes only want to eat one type of food. Be patient – children will not let themselves starve.
- Keep on offering your child healthy food and they will eventually eat it.



Things to avoid

- Forcing your child to eat.
- Giving your child drinks or snacks before a meal.
- Feeding your child junk foods and sweet drinks.
- Bribing with junk foods or sweet drinks.



- Giving your child foods that are easy to choke on – like nuts, popcorn, sausage skin, lollies, hard raw fruit or vegetables.



- Leaving your child alone when eating – they can easily choke.



Healthy food ideas

Ideas for breakfast

- Porridge
- Low sugar cereals like wheat biscuits with milk and fruit
- Toasted cheese fingers
- A boiled egg and toast fingers/ poached egg on toast
- Baked beans on toast
- Toast with smooth peanut butter
- Toast with vegemite



Ideas for lunch and dinner

- Fish, rice and vegetables (baked or barbecued fish is better than fried)
- Sandwiches with meat, or fish, or egg, and some salad vegetables
- Meat and vegetable stew with rice
- Meat, mashed potato and vegetables

Fresh, frozen and tinned vegetables are all good to use. Add vegetables when you are cooking.



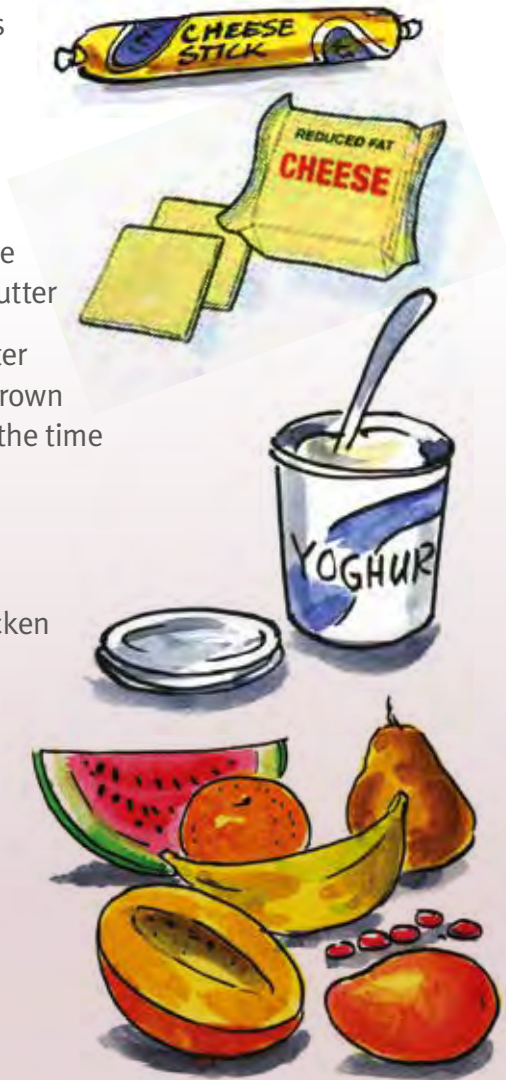
- Pasta with peas, corn and tinned tuna
- Stir fried meat and vegetables with noodles
- Risssoles, vegetables and rice
- Stewed, roasted or barbecued bush meats with vegetables and rice (remember to take the fat off turtle and dugong!)



Use lots of different coloured vegetables like carrots, pumpkin, cabbage, tomatoes, green beans, broccoli, cauliflower and Chinese cabbage.

Healthy snacks

- Fresh fruit – apples, bananas or oranges or whatever fruit is cheap and in season
- Cooked carrot sticks or cut-up cucumber
- Yoghurt
- Cheese
- Crackers with cheese or smooth peanut butter
- Smooth peanut butter sandwiches – use brown bread, not white all the time
- A boiled egg
- Tinned spaghetti
- A small piece of chicken (no skin)
- Left over dinner (casseroles, stews, pasta with minced meat, baked vegetables)



Some foods are not good for children.

- Foods like sausage rolls, meat pies, chicken nuggets and kabanos have too much fat and salt and not enough lean meat.
- Other junk food like cakes, biscuits, potato chips and hot chips. These foods are not good to keep your child healthy and growing well.



Healthy drinks

Water

- Water is the best drink for children.
- Water has no sugar and won't rot their teeth.

*Healthy drinks
are just as
important as
healthy food.*



Tips for getting your child to drink water

- Keep cold water in the fridge, especially in hot weather.
- Get children to take water bottles with them when they are away from home.
- Children will copy what you do, so if you drink plenty of water, so will your children!

Milk

- Milk is good for strong bones and teeth.
- From one year old, children can drink fresh cows' milk, made-up powdered milk or long life (UHT) milk.
- Plain milk helps to protect teeth from tooth decay.
- Flavoured milks have more sugar – plain milk is better.
- Limit milk to no more than two cups a day.



Babies should have breastmilk until one year old.
Mum and Baby can continue breastfeeding for longer
if they want to.

Your child doesn't need infant formula or toddler milks
after turning one year old. Spend the money on healthy
food and drinks instead.

Drinks that are not good for your child

These drinks are high in sugar and can rot children's teeth and make children overweight.

- Soft drinks
- Cordial
- Fruit juice drinks
- Tea/coffee
- Energy drinks
- Sports drinks



Give children
a piece of fruit
instead of
fruit juice.



Tips for drinks

- Try to get rid of bottles – teach your child to drink from a cup, it is much better.
- If your child is still using a bottle, only use it for milk or water.
- Give your child milk or cold water after meals.

Never give children alcohol!

Looking after your child's teeth

Healthy teeth will help your child learn to chew and talk properly.

- Sweet, sticky foods cause tooth decay.
- Sugary drinks cause tooth decay, too.
- Clean your child's teeth twice daily – use a small soft toothbrush and brush very lightly or use a soft cloth to wipe a baby's teeth and gums.
- Start with no toothpaste. After your child is used to it, use a small amount (less than the size of a pea) of children's toothpaste.



- Encourage everyone in your family to clean their teeth
- Try to get rid of dummies – if your child is still using a dummy, don't dip it in honey or syrup.



If you are worried about the way your child is eating, talk to your local health worker, child health nurse, nutritionist or doctor or call 13 HEALTH (13 43 25 84).

Growing Strong

Feeding you and your baby

For more information contact your local health worker
or call 13 HEALTH (13 43 25 84).



<http://creativecommons.org/licenses/by/2.5/au>
© State of Queensland (Queensland Health) 2012

Illustrator Julie Haysom