

Healthy balance

GRAINS / 2 serves

Whole grain or high fibre

1 serve =

- 1 slice whole grain bread
- OR
- 1/2 cup of cooked pasta or rice
- OR
- 3 crispbreads



FRUIT / 1 serve

Washed and chopped

1 serve =

- 1 cup fruit salad
- OR
- 1 medium piece
- OR
- 2 small pieces



VEGETABLES / 2 serves

A colourful selection

1 serve =

- 1 cup salad
- OR
- 1/2 cup of cooked vegetables



PROTEIN / 1 serve

Keep cool for safety

1 serve =

- 80g lean chicken
- OR
- 1 cup baked beans
- OR
- 2 boiled eggs



DAIRY / 1 serve

Lower fat varieties

1 serve =

- 200g tub of yoghurt
- OR
- 1 cup of milk
- OR
- 2 slices of cheese



SNACK / 1 extra

For more active kids



1 serve =

- 1 medium banana
- OR
- Small bag of cereal
- OR
- 1 whole grain muesli bar

WATER BOTTLE

Keep kids hydrated regularly.

Explain to them the importance of drinking by themselves, even before being thirsty.

