



Healthy Eating Tips for Kids: 8 Tips for meeting Dietary Requirements

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Healthy eating and portion control are essential when trying to meet dietary requirements for your child. The healthier your children eat, the more energy they have and the easier it is for them to concentrate at school. Help your child perform to their highest potential by following these tips.

1. Food is Fun... Enjoy it!

Sharing a meal with family and friends at home or at school is a great way to enjoy food. Check out your lunch box or dinner plate. How many different kinds of fruit and vegetables can you spot? How many does your friend have?

2. Breakfast is a very important meal

Our bodies always need energy, and after a night's sleep, energy levels are low. Always start the day with breakfast so you can recharge your energy supply. Try cereal with semi-skimmed milk, fruit and yogurt, toast or eggs.

3. Eat lots of different foods every day, variety is good

You need over 40 different kinds of vitamins and minerals every day for good health. Since there is no single food that contains them all, it is important to balance your daily choices. Don't be afraid to try something new for dinner, you never know what you may like!

4. Gimme five! Eat fruits and vegetables with each meal and as tasty snacks!

Fruits and vegetables are among the most important foods for giving us enough vitamins, minerals and fiber. We should all try to eat 4-5 servings of fruits and vegetables a day. How many different kinds can you spot in the supermarket? Why not try some new ones?

5. Fat facts. Too much saturated fat is not good for your health

Eating too many of those tasty, fatty foods (such as butter, spreads, fried meats and sausages, pies and pastries) might not always be so good for your body. So remember, a big helping of baked potato is ok, but go easy on the butter and sour cream. Although we need some fats to get all the nutrients we need, it is better for our health if we don't eat too much of these foods and get knocked off balance.

6. Snack attack! Eat regularly and choose a variety of snacks

Even if you eat regular meals during the day, there will still be times in between that you feel hungry, especially if you have been very physically active. Snacks can fill the gap, but should not be eaten in place of meals, only as an extra. There are lots of different snacks available. Fresh and dried fruits, cut-up vegetable sticks, crackers and cheese are all good, healthy snacks.

7. Quench your thirst. Drink plenty of liquids

Did you know that more than half of your weight is just water? So as well as giving your body all the food it needs each day to keep healthy, you need at least 5 glasses of liquids a day. It is particularly important if the weather is very hot or if you have done lots of exercise, to have plenty to drink to prevent dehydration. Plain tap water or bottled water is the best way to keep hydrated!

8. Get moving! Be active every day

Just like a bike may become rusty if it is not used for some time, our muscles and bones need to be kept moving too. Activity is needed to keep your heart healthy and your bones strong. It can also be good fun. Try to include some form of activity every day: it may be just walking to school and running up the stairs. Games like skipping rope or football at break times are even better for giving the body a workout.