NUTRITION IN CHILD CARE

It is important your child has healthy food to give them all the nutrients their body needs to grow, develop and reach their physical and mental potential. All services will have a healthy eating policy in place.

The National Health and Medical Research Council of Australia recommends that children and adolescents maintain a varied diet which includes the following five main food groups.

- **Fruit**
- **Vegetables**
- **Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties**
- **Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans**
- **Milk, yoghurt, cheese and/or alternatives, mostly reduced fat**