EAT WELL LIVE WELL

Healthy eating for every life stage

HEALTHY EATING FOR CHILDREN

4–11 YEARS

Children need a wide variety of foods from all of the food groups to obtain the nutrients they need. The amount of physical activity they do in the day will determine the amount they need to eat to keep their energy levels up. Most will need three main meals, plus a snack in the morning and afternoon.

COMMON CHALLENGES AND HELPFUL TIPS

Healthy breakfasts

A healthy breakfast sets children up for a busy day of learning by supporting their attention span, concentration, and memory. It also helps them have enough energy to participate in physical activity and maintain a healthy weight. Model healthy eating behaviours by letting your child see that you're eating breakfast too.

Some healthy breakfast ideas include:

- Wholegrain toast with peanut butter and banana
- Muesli with yoghurt and fruit
- Boiled eggs or omelettes

Healthy lunches

School children start to make more independent choices about what to eat away from home and may be influenced by their friends. Encourage your child to prepare and pack their own lunchbox - try to include a healthy option from each of the five food groups, especially veggies!

To increase vegetable intake:

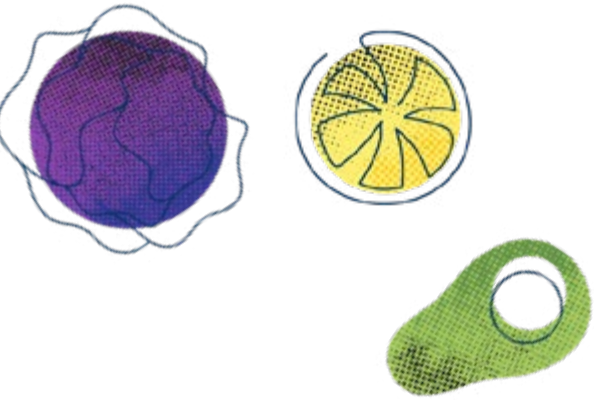
- Add grated vegetables to savoury muffins and slices
- Chop up vegetable sticks and serve with tomato salsa, hummus, or beetroot dip
- Try a homemade pizza using tomato paste, veggies, and some grated cheese

Healthy drinks

Children need plenty of fluids, especially on hot days and when they are being active. A glass of milk provides one serve of dairy food – three serves are needed to get enough calcium for healthy bone and teeth development. Tap water is the drink of choice at all other times. Sugary drinks are not part of a healthy diet for children as they contribute to tooth decay and excess weight gain, which are common food-related challenges for this life stage.

Encourage children to drink more water by:

- Adding slices of vegetables, fruit, and herbs for colour and flavour
- Letting children choose a cup or drink bottle they like and keeping it topped up
- Some children prefer cold water, so have some in the fridge or add ice-cubes



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KEY NUTRIENTS

Our food and nutrition needs change as we grow and age. Choose healthy options from the five food groups that help meet the demands of key nutrients for your child's life stage.

Nutrient	Function	Food sources
Protein	· Provides energy for growth · Helps fight infection and heal wounds	· Lean meat, fish and poultry · Milk, yoghurt and cheese · Chickpeas, beans and lentils · Eggs
Iron	· Helps red blood cells carry oxygen around the body · Increases energy	· Lean meat and poultry · Iron fortified cereal · Leafy greens · Chickpeas, beans and lentils
Vitamin C	· Improves the absorption of iron · Boosts the immune system	All fruits and vegetables. Highest in: · Capsicum, broccoli, cauliflower and asparagus · Kiwi fruit, oranges and mango
Calcium	· Plays an essential role in all cells · Required for normal growth and development of bones and teeth	· Milk, yoghurt and cheese · Leafy greens · Dried apricots · Nuts or nut butter

BANANA, CARROT & YOGHURT MUFFINS

These Banana, Carrot & Yoghurt Muffins are much lower in sugar than store bought options and even sneak some veggies into them. The yoghurt helps to bump up the protein which is essential for children's growth.

Download the recipe at
www.geelongaustralia.com.au/eatwell

CITY OF GREATER GEELONG

EAT WELL LIVE WELL

Healthy eating for every life stage

HEALTHY EATING FOR OLDER ADULTS

55+ YEARS

Enjoying a variety of healthy options from the five food groups will provide the nutrients you need to stay well and be active in later life. Health issues and other changes can make it harder to buy, prepare and eat enough food as you get older. Focus on making every mouthful count by choosing foods you enjoy and seeing mealtimes as a social activity that you can share with others.

COMMON CHALLENGES AND HELPFUL TIPS

Healthy heart

Too much salt can increase your risk of high blood pressure, stroke, and heart disease. Foods that are high in salt include processed meats (such as ham, bacon, salami, sausages), corned beef, snack foods like chips, fast foods, and sauces such as soy sauce or fish sauce.

Some things you can do to reduce salt:

- Choose low salt varieties of sauces or packaged products
- Buy fresh meat or poultry rather than processed
- Flavour your food with herbs and spices rather than salt

Healthy bowels

Your digestive system slows with age, so it is even more important to make sure you are eating enough fibre. Fibre helps to speed up the movement of food through the digestive tract, keeping your bowel movements regular and preventing constipation.

Increase fibre in your diet by:

- Choosing a higher fibre breakfast cereal such as oats or muesli
- Switching to multigrain bread rather than white bread
- Swapping white rice for brown, black, or red rice

When increasing fibre, it is important to also make sure you are drinking enough water to reduce digestive discomfort.

Loss of appetite

Many people eat less as they get older. For older adults who are frail or underweight:

- Eat foods that you enjoy
- Try smaller meals more often
- Add extra protein and energy with fruit, fruit juice, cheese, yoghurt, nut butter, margarine, olive, or canola oil
- If you can't manage a meal, milk drinks are a nourishing alternative and are easy to consume
- See your doctor or dietitian about your specific health needs and if you need help preparing a healthy diet

KEY NUTRIENTS

Your food and nutrition needs change as you age. Choose healthy options from the five food groups that help meet the nutrient requirements for your life stage.

Nutrient	Function	Food sources
Protein	· Prevents muscle loss · Maintains strength and prevent falls · Helps fight infection and heal wounds	· Lean meat, fish and poultry · Milk, yoghurt and cheese · Chickpeas, beans and lentils · Eggs
Calcium	· Builds and maintains healthy bones · Reduces the risk of osteoporosis and fractures	· Milk, yoghurt and cheese · Nuts or nut butter · Leafy greens · Dried apricots
Vitamin D	· Helps absorb calcium for strong bones and teeth	You get most of your vitamin D from the sun, but some food sources are: · Eggs · Sardines and salmon · Liver
Omega-3 Fats	· Supports brain function and memory · Reduces the risk of heart disease, diabetes, and arthritis	· Salmon, tuna, sardines and mackerel · Flaxseeds · Walnuts · Soybeans
Vitamin B12	· Supports nerve function to reduce risk of tingling, numbness, and poor balance · Improves brain health to support memory and mood · Supports production of red blood cells to reduce fatigue or shortness of breath	· Liver · Salmon, tuna, sardines and mackerel · Beef and lamb

SALMON & SPINACH FRITTATA

The salmon in our quick and tasty frittata provides omega-3 fats to support brain function and memory, as well as vitamin D for strong bones and muscles. Eggs provide extra protein to fill you up and are an easy option to enjoy at breakfast, lunch, or dinner.

Download the recipe at
www.geelongaustralia.com.au/eatwell

EAT WELL LIVE WELL

Healthy eating for every life stage

HEALTHY EATING FOR PREGNANCY & BREASTFEEDING

A nutritious diet in pregnancy supports the health of both you and your baby at this important time. Concentrate on increasing nutrient intake by focusing on fresh, unprocessed foods – you don't need to 'eat for two'.

Breastfeeding requires lots of energy and nutrients, so it is important to eat a wide variety of options from the five food groups to replenish your body and meet these additional needs. Don't forget to stay hydrated with water.

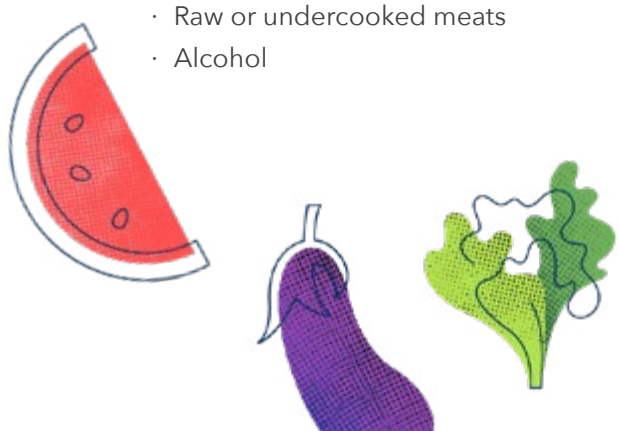
COMMON CHALLENGES AND HELPFUL TIPS

Food safety during pregnancy

Pregnancy can lower your immune system, making it harder to fight off infections caused by listeria and salmonella bacteria in some foods.

It's best to avoid:

- Deli meats like salami, prosciutto, ham, chicken, and turkey slices
- Soft cheeses like brie, camembert, ricotta, feta
- Pâté
- Soft serve ice-cream
- Smoked salmon
- Precooked prawns
- Raw seafood
- Raw or undercooked eggs
- Raw or undercooked meats
- Alcohol



These foods should be limited as they can affect your baby's development:

- Caffeine – Up to 2 cups of coffee or 4 cups tea per day
- Large fish such as shark (flake), marlin and swordfish – No more than one serve per fortnight
- Processed foods and drinks that are high in added salt, sugar, and fat

Meeting daily energy requirements while breastfeeding

Most women need extra snacks to meet their energy and nutrient needs while breastfeeding, including:

- Fresh fruit
- Yoghurt
- Fruit smoothies
- Hardboiled egg
- Wholegrain crackers with cheese
- Vegetable sticks with hummus or avocado dip
- Handful of unsalted nuts

KEY NUTRIENTS

Your food and nutrition needs change as you grow and age. Choose healthy options from the five food groups that help meet the demands of key nutrients for your life stage.

Nutrient	Function	Food sources
Iron	· Increases energy · Helps red blood cells carry oxygen around the body · More iron is required in pregnancy due to the increase in blood volume and helps rebuild iron stores while breastfeeding	· Lean meats, poultry and fish · Lentils, beans and chickpeas · Egg · Tofu
Folate	· Supports healthy cell growth and formation, especially red blood cells · Especially important in the three months before pregnancy and in the first trimester to prevent neural tube (brain and spine) defects	· Dark green leafy vegetables · Lentils, beans and chickpeas · Oranges, grapefruit, lemons and limes ** Supplements are often recommended in pregnancy as it can be difficult to meet requirements through food*
Iodine	· Essential for healthy development of the baby's brain including alertness and coordination · Supports the baby's nervous system development including sight, hearing, smell, taste, and touch	· Milk, yoghurt and cheese · Seafood · Iodised salt · Bread with added iodine ** Supplements are often recommended while pregnant and breastfeeding as it can be difficult to meet requirements through food*
Calcium	· Helps the baby form strong bones and teeth · Protects bone strength in breastfeeding mothers	· Milk, yoghurt, cheese · Almonds · Broccoli · Tofu · Tahini
Omega-3 Fatty Acids	· Eye and brain development of the baby	· Mackerel, herrings and sardines · Canned salmon and tuna ** These fish are all lower in mercury and can be eaten 2-3 times per week in pregnancy*

MEXICAN BEEF & BEAN BOWL

Our Mexican Beef & Bean Bowl is an easy lunch or dinner that's high in iron needed to support energy levels in both pregnancy and breastfeeding. The added vegetables boost vitamin C content to help improve the absorption of iron and topping with avocado gives added healthy fats.

Download the recipe at
www.geelongaustralia.com.au/eatwell

CITY OF GREATER GEELONG

EAT WELL LIVE WELL

Healthy eating for every life stage

HEALTHY EATING FOR TEENAGERS

12–18 YEARS

Healthy eating is important throughout life, especially for teenagers. Your body is growing rapidly, and these physical changes can be hard to deal with. As you become more independent, you'll also start making your own choices about what to eat. Having a healthy relationship with food and choosing options from the five food groups will help you feel good, stay well and be active.

COMMON CHALLENGES AND HELPFUL TIPS

Food and mood

Food plays an important role in keeping your body healthy and it can also have an effect on how you feel. Some foods contain nutrients that support brain and gut health to help improve your mood, energy, and concentration levels. When and who you eat with can also influence your emotions.

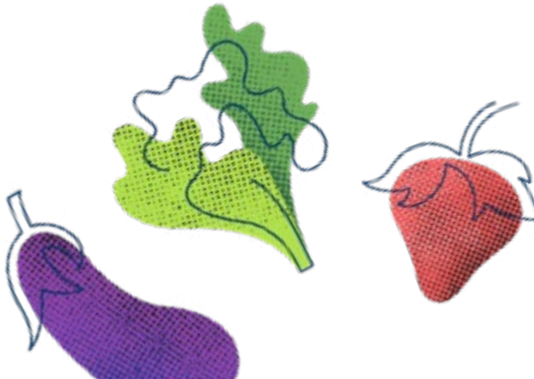
How to eat to support your mental health:

- Start with a healthy breakfast that includes wholegrains to give you energy throughout the day and protein to help release serotonin, the happy hormone. Try a fresh fruit smoothie with Greek yoghurt, baked beans on multigrain toast or higher-fibre cereals like wheat biscuits or bran flakes with reduced-fat milk.
- Add some healthy fats to your meals to improve your memory and reduce anxiety. Spread avocado on your sandwich instead of butter, add some tinned salmon or tuna and chopped nuts and seeds to a basic salad.
- Snack on sweet fruits and crunchy vegetables instead of fast food or snacks like cakes, biscuits, and lollies. Processed foods can make you feel tired or distracted, but fresh fruits and veggies contain vitamins and antioxidants that boost your mood and help you deal with stress.
- Remember to choose water every day. Drinking water to stay hydrated will improve your concentration.
- Sharing a healthy meal with family and friends is a great way to be social and feel connected. Switch off your devices and sit down at the table together.

Body image

Feeling good about your body provides a strong foundation for good self-esteem and healthy development. Having a positive relationship with food can help you build a positive body image. This means that you eat when you're hungry, stop when you're full and don't feel guilty about eating most of the time.

Regularly skipping meals, restricting the amount or type of food you eat, or overeating can be a sign that you're developing an unhealthy eating pattern. If you need support for yourself or someone you care about, contact Butterfly's national helpline on 1800 334 673.



KEY NUTRIENTS

Your food and nutrition needs change as you grow and age. Choose healthy options from the five food groups that help meet the demands of key nutrients for your life stage.

Nutrient	Function	Food sources
Iron	· Helps red blood cells carry oxygen around the body · Improves energy levels · Girls need additional iron when they begin menstruating	· Milk, yoghurt and cheese · Nuts or nut butter · Leafy greens · Dried apricots · Chickpeas, beans, and lentils
Zinc	· Essential for normal growth and sexual development	· Shellfish · Lean red meat and poultry · Chickpeas, beans and lentils · Pumpkin seeds · Cashew nuts
Calcium	· Required for normal growth and development of bones and teeth	· Milk, yoghurt and cheese · Leafy greens · Dried apricots · Nuts or nut butter
Omega 3	· Improves brain function and protects mental health	· Salmon, tuna, sardines and mackerel · Avocado · Extra virgin olive oil · Flaxseeds and chia seeds · Walnuts

BLUEBERRY & CINNAMON OVERNIGHT OATS

Our Blueberry & Cinnamon Overnight Oats will fill you up and give you loads of energy for the day ahead. The oats will keep your blood sugars stable so you can concentrate at school, and the blueberries are full of antioxidants which give you a mood boost. Preparing these the night before will ensure you have time for plenty of sleep.

Download the recipe at
www.geelongaustralia.com.au/eatwell

EAT WELL LIVE WELL

Healthy eating for every life stage

HEALTHY EATING FOR TODDLERS

1–3 YEARS

Toddlers have high energy and nutrient needs due to their rapid growth and development. Lifelong eating habits are also being established at this time, so encourage them to eat and enjoy a wide variety of healthy options from the five food groups.

COMMON CHALLENGES AND HELPFUL TIPS

Fussy eating

It's normal for toddlers to test their independence by refusing certain foods. Learning to accept new foods can take time, so try offering rejected foods again another day. Be patient – it could take up to 15 attempts!

Encourage new foods by:

- Creating a relaxed environment with minimal distractions
- Serving new foods with others your child likes
- Setting a good example and trying new foods with them
- Avoiding using food as a reward or punishment

Unpredictable appetite

Parents often worry about young children not eating enough at mealtimes but it's normal for a toddler's appetite and food intake to vary. Toddlers have little tummies that benefit from small, regular meals and snacks that provide the energy they need throughout the day. Let them decide how much to eat and don't worry if they can't finish everything on their plate.

Healthy snacks include:

- Fresh fruit
- Yoghurt
- Hardboiled egg
- Cheese slices or cubes
- Steamed vegetable sticks
- Homemade fruit or vegetable muffin
- Rice crackers with hummus or avocado
- Milk in a cup (reduced-fat milk is not recommended for children under 2 years old)

Introduce foods such as whole nuts, seeds, raw carrot, celery sticks and chunks of apple at 3 years old to prevent choking. Always offer water with meals and snacks instead of sugary drinks.

KEY NUTRIENTS

Our food and nutrition needs change as we grow and age. Choose healthy options from the five food groups that help meet the demands of key nutrients for your child's life stage.

Nutrient	Function	Food sources
Protein	· Essential for growth and development · Helps to fight infection and heal wounds	· Lean meat, poultry and fish · Milk, yoghurt and cheese · Chickpeas, beans and lentils · Eggs
Fibre	· Keeps bowel movements regular and reduces constipation · Reduces the risk of chronic disease in later life	· Vegetables · Fruit · Bran · Oats · Nuts and seeds
Iron	· Helps red blood cells carry oxygen around the body · Improves energy levels	· Lean meat and poultry · Iron fortified cereal · Leafy greens · Chickpeas, beans and lentils
Calcium	· Required for normal growth and development of bones and teeth	· Milk, yoghurt and cheese · Leafy greens · Dried apricots

RAINBOW FRITTERS

Our tasty Rainbow Fritters are a great way to expose your toddler to a variety of different vegetables. They might also like to help you stir all the ingredients together and name the colours of the vegetables as you add them to the bowl.

Download the recipe at
www.geelongaustralia.com.au/eatwell