



## Summary of the 2013 Australian Dietary Guidelines relevant to Early Childhood Education and Care Services

This factsheet replaces some of the information contained in the *Munch & Move Birth to Five Years Resource Manual* on pages 10-13 and pages 37-50, please read this in conjunction with your manual.

The new Australian Dietary Guidelines, released in February 2013, provide advice on the core food groups, serving sizes and types of foods that comprise a healthy and balanced diet to support optimal health, and prevent lifestyle-related conditions such as overweight and obesity, type 2 diabetes, heart disease and some cancers.

The Australian Dietary Guidelines have been revised to reflect the latest body of scientific evidence on nutrition, diet and health.

The 2013 edition is based on foods and food groups and provides a more detailed breakdown of the nutritional needs of all Australians by gender, age and life stage. For the first time daily food requirements are now available for infants, toddlers and pre-schoolers.

We also now have one set of Guidelines for everyone (children, adolescents and adults).

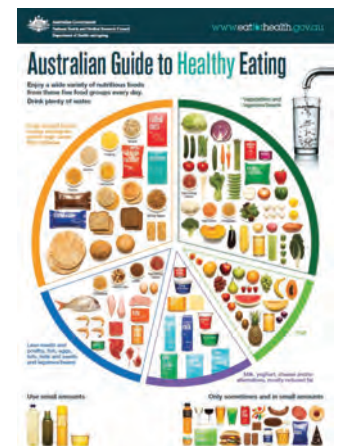
### WHAT CHANGES DO EARLY CHILDHOOD EDUCATION AND CARE SERVICES NEED TO KNOW ABOUT?

#### Infant Feeding Guideline Changes

- No major change to the Infant Feeding Guidelines.
- As long as iron-rich nutritious foods are included in first foods, foods can be introduced in any order provided the texture is suitable for the infant's stage of development and at a rate that suits the infant.

#### The Australian Guide to Healthy Eating (The Plate) Changes

- Breads, cereals, rice, pasta, noodles have been grouped together as grain (cereal) foods. It is now recommended that food choices in this food group consist of mainly wholegrain and/or high cereal fibre varieties.
- Beans have been added to the vegetables and legumes food group.
- Tofu, seeds and legumes have been added to the lean meats food group.
- The milk, yoghurt and cheese food group should be mostly reduced fat starting from children over the age of 2 years.
- Soy beverages have been added to the milk, yoghurt and cheese food group as a dairy alternative.
- Oils are represented in a small section outside the plate. It is recommended that they be consumed in small quantities.
- The category *Extra foods* in the previous Guidelines which included cake, buns, honey, jam, soft drink, cordial, sweets, potato crisps, ice cream, chocolate, pizza and meat pies/pastries has been replaced with *Foods to Limit: Discretionary choices*. These foods should be consumed 'only sometimes and in small amounts'.
- Canned drinks, cordial, sausages, processed meats and lollies have been added as 'only sometimes' food choices.
- To meet the energy requirements of children who are a healthy weight and taller, more active or older in their age bands, an allowance of extra serves from the Five Food Groups or unsaturated spreads and oils has been made.



## Five Food Groups and Serve Size Changes

- Portion sizes now show a kilojoule (kJ) value per serve.
- The term 'child-sized serve' is no longer used. *Please check the 'Sample Daily Food Pattern for...'* and *'What does a serve look like?'* tables on the following page to ensure you are providing adequate amounts of food for each age group.
- For children and adolescents the age groups have been categorised into five age groups and now include younger children (2-3 years; 4-8 years; 9-11 years; 12-13 years; 14-18 years).
- Sample food patterns for infants and toddlers (7 to 23 months) are also provided.
- The age groups have been further subdivided into girls and boys.

### Vegetables and legumes/beans

- A standard serve of vegetables remains 75g.
- Number of serves has increased across all age groups.
- Some serve sizes have changed.
- Tomato and corn have been added to this group.

### Fruit

- A standard serve of fruit remains 150g.
- Number of recommended serves of fruit for the 4-8 years age group has increased by  $\frac{1}{2}$  a serve to  $1\frac{1}{2}$  serves.
- Fruit juice and dried fruit have been recommended as *'only occasionally'*.



### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

- This food group no longer has a range of serves, but has a specific number of serves.
- Number of serves has decreased by 1 to 3 serves in children.
- The standard serve size has halved for most options in this food group.

### Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

- Number of serves has increased by approximately  $\frac{1}{2}$  to 1 serve across all age groups.
- The standard serve sizes remain essentially the same.
- Tofu has been added.
- 30g of nuts, seeds, peanut or almond butter or tahini or other nut or seed paste has been added as a standard serve size.



### Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

- Number of serves has increased by about  $\frac{1}{2}$  a serve across all age groups.
- Soy, rice or other cereal drinks with at least 100mg of added calcium per 100ml has been added.

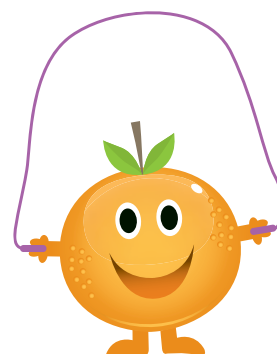
### Water

- For children up to 8 years 4-5 cups of fluids a day is recommended.

## Resources

For more information about the Australian Dietary Guidelines and the Australian Guide to Healthy Eating the following resources can be accessed from [www.eatforhealth.gov.au/guidelines](http://www.eatforhealth.gov.au/guidelines):

- Australian Dietary Guidelines – summary booklet
- Australian Guide to Healthy Eating (Food Modelling Tool)
- Infant Feeding Guidelines summary
- Eat for Health: Dietary guidelines for all Australians – Poster & magnet
- Eat for Health: Dietary guidelines for all Australians (Indigenous) – Poster
- Giving your baby the best start – Brochure
- Healthy eating for children – Brochure



# Australian Dietary Guidelines

## Guideline 1

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.

## Guideline 2

Enjoy a wide variety of nutritious foods from these five food groups every day:

- Plenty of vegetables, including different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years).

And drink plenty of water.

## Guideline 3

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
  - Replace high fat foods which contain predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
  - Low fat diets are not suitable for children under the age of 2 years.
- Limit intake of foods and drinks containing added salt.
  - Read labels to choose lower sodium options among similar foods.
  - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks.



## Guideline 4

Encourage, support and promote breastfeeding.

## Guideline 5

Care for your food; prepare and store it safely.

## Sample daily food pattern for infants aged 7-12 months

It is recommended that infants should be exclusively breastfed to around 6 months of age. Breastfeeding is best, however sometimes this is not possible. Babies who are not breastfed need an infant formula.

First foods should be introduced at around 6 months, starting with iron-fortified infant cereal and/or iron rich foods such as pureed meat, followed by other foods from the Five Food Groups.

Food	Serve size	Serves a day	Serves a week
Vegetables and legumes/beans	20g	1½-2	10-14
Fruit	20g	½	3-4
Grain (cereal) foods	40g bread equivalent	1½	10
Infant cereal (dried)	20g	1	7
Lean meats, poultry, fish, eggs, tofu, legumes/beans	30g	1	7
Breast milk or formula	600ml	1	7
Yoghurt/cheese or alternatives	20ml yoghurt or 10g cheese	½	3-4

## Sample daily food pattern for toddlers aged 13-23 months

Food	Serve size	Serves a day
Vegetables and legumes/beans	75g	2-3
Fruit	150g	½
Grain (cereal) foods	40g bread equivalent	4
Lean meats, poultry, fish, eggs, tofu, legumes/beans	65g	1
Milk, yoghurt, cheese and/or alternatives	250ml milk equivalent	1-1½

## Sample daily food pattern for children aged 2-8 years

Recommended average daily number of serves from each of the Five Food Groups\*

Food	Boy 2-3 years	Girl 2-3 years	Boy 4-8 years	Girl 4-8 years
Vegetables and legumes/beans	2½	2½	4½	4½
Fruit	1	1	1½	1½
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties	4	4	4	4
Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans	1	1	1½	1½
Milk, yoghurt, cheese and/or alternatives, mostly reduced fat	1½	1½	2	1½
Additional serves (from the Five Food Groups or unsaturated spreads/oils or discretionary choices) for more active, taller or older children and adolescents	0-1	0-1	0-2½	0-1

\* Includes an allowance for unsaturated spreads or oils and nuts or seeds: ½ serve [4-5g] per day for children 2-3 years of age, 1 serve [7-10g] per day for children 3-12 years of age.

Note: It is recommended that children receive half (50%) of their daily nutritional requirements serves during 8 hours of care.

## What does a serve look like?

### Vegetables and legumes/beans – a standard serve of vegetables\* is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

\*for canned varieties, choose those with no added salt

### Fruit – a standard serve of fruit is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)
- Or only occasionally:
  - 125ml (½ cup) fruit juice (with no added sugar)
  - 30g dried fruit (for example, 4 dried apricot halves or 1½ tablespoons of sultanas)

### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties – a standard serve (500kJ) is:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- 2/3 cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone

### Lean meats, poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans – a standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw) \*weekly limit of 455g
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste

### Milk, yoghurt, cheese and/or alternatives, mostly reduced fat – a standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- ½ cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3cm x 2cm cube (40g) of hard cheese, such as cheddar
- ½ cup (120g) ricotta cheese
- ¾ cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml

Source: *Eat for Health – Australian Dietary Guidelines, 2013*, Commonwealth of Australia, [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)