

SYDNEY DIETETICS NEWSLETTER

February 2014 Edition

KIDS NUTRITION WORKSHOP

Our Kids Nutrition Workshop is a great way to get kids eat healthy and THINK healthy! All workshops are run by Accredited Practising Dietitians (APD).

[Upcoming Kids Nutrition Workshops](#)

15th of February, 2014 from 2:30pm to 4:00pm at Balmain, Sydney

Please book through www.SydneyDietetics.com

BACK TO SCHOOL

Can you believe it...a whole month of 2014 has gone! School has started and it is time to take a closer look at our kids' lunch box.

How much food from each food group should my child be eating?

A lot of parents are unsure if their child is eating enough for their age. Most worried that they are not eating enough or are confused as to how much food from each food group they should be eating. The [Australian Dietary Guidelines](#) is an excellent source of information for healthy eating. It has a nutrient calculator so you can find out how much everyone in the family should be eating.

Q: My child doesn't like eating vegetables. Is freshly squeezed fruit/vegetable juice good for kids?

A: While freshly squeezed fruit/vegetable juice may contain the same amount of vitamins but it is very easy to consume too much sugar or **calories** from juice than if you eat the fruits. It is quite easy to gulp down a cup of orange juice which contains the calories of 4 or more oranges compare to eating the whole fruit. Moreover, you miss out on the **fibre** when you just drink the juice. So the take home message is: eat the fruit (or vegetable) rather than just drinking the juice.

Q: How can I get my child to eat more fruits and vegetables?

A: This is such a common concern among parents. Be creative and offer different fruits and vegetables presented (or hidden) in many different ways. It takes time for children to develop a taste for foods, so if they refuse a fruit or vegetables or any food once, try again another day!!!



Kids Nutrition Workshop

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Some simple ways to serve fruits and vegetables:

- Fruit smoothie with fresh fruit, low fat milk and yoghurt which also provides the much needed calcium they need
- Add fruit to cakes and muffins
- Serve fresh fruit skewers with yoghurt for a healthy, colourful snack
- Offer chopped fresh vegetables with salsa or a low fat dip
- Grow a vegetable garden – great exercise plus the whole family can enjoy garden-fresh produce
- Take the children to the local markets and let them choose fruit for the week

Visit the [Dietitians Association of Australia](http://www.dietitians.org.au) website for more ideas.

*“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.” –
Dietary Guideline 1, Australian Dietary Guidelines*

WANT TO KNOW MORE ABOUT HEALTHY EATING?

Check out these websites for more information about diabetes:

Australian Dietary Guidelines - <http://www.eatforhealth.gov.au/>

Dietitians Association of Australia - <http://daa.asn.au/>

