

# **APPENDIX 3**

**Dietary Guidelines for Children and  
Adolescents**

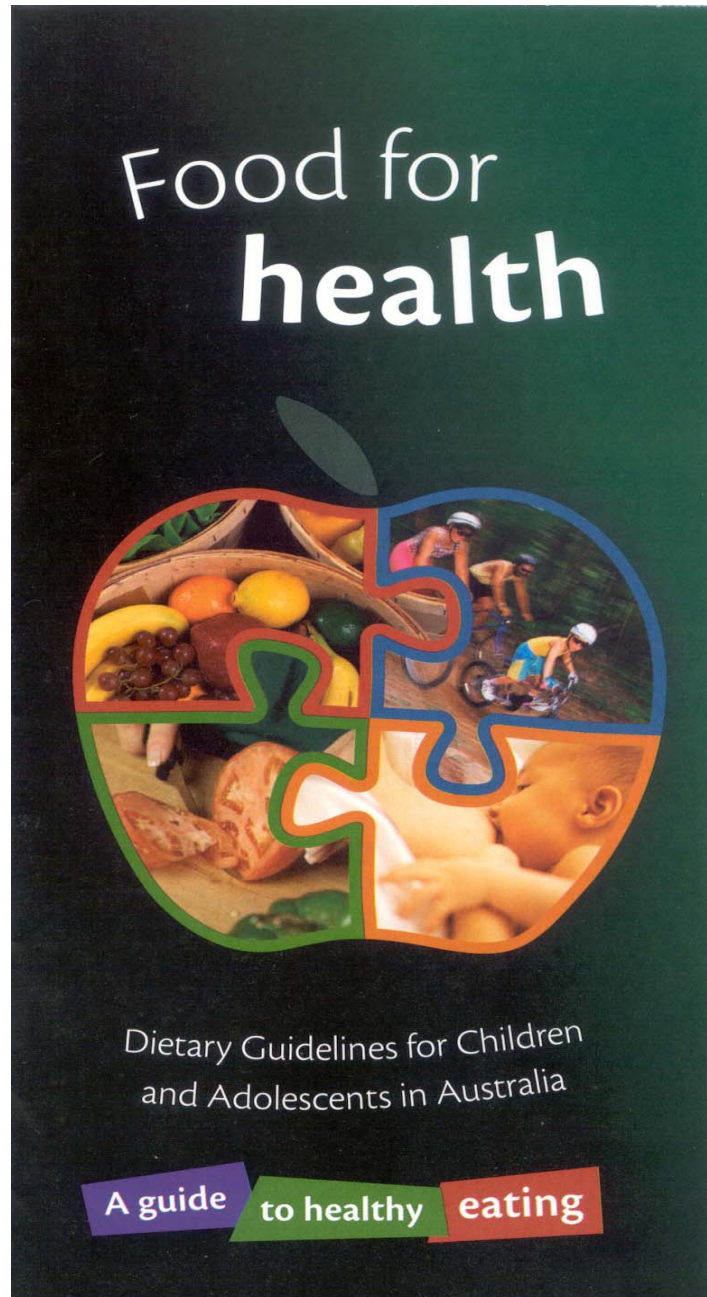
**&**

**Physical Activity Recommendations for  
Children and Youth**



## DIETARY GUIDELINES FOR CHILDREN & ADOLESCENTS

The Dietary Guidelines for Children and Adolescents in Australia were developed by the National Health and Medical Research Council, assisted by the Commonwealth Department of Human Services and Health.



Food, nutrition and health are different pieces of a puzzle and they need one another to solve the puzzle for good nutrition and health. The Dietary Guidelines are also different pieces of a puzzle and no guideline is more important than the other.

Each person has different nutrition needs. Older children and teenagers need a variety of foods and plenty of physical activity for healthy growth and weight gain.

## Dietary Guidelines for Children and Adolescents cont.

**There are 4 major guidelines as listed below:**

1) Encourage and support breastfeeding

**2) Children and adolescents need sufficient nutritious foods to grow and develop normally**

- Growth should be checked regularly for young children
- Physical activity is important for all children and adolescents

**3) Enjoy a wide variety of nutritious foods**

*Children and adolescents should be encouraged to:*

- Eat plenty of vegetables, legumes and fruits
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Include lean meat, fish, poultry and/or alternatives
- Include milks, yoghurts, cheeses and/or alternatives. Reduced-fat milks are not suitable for young children under 2 years, because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents
- Choose water as a drink

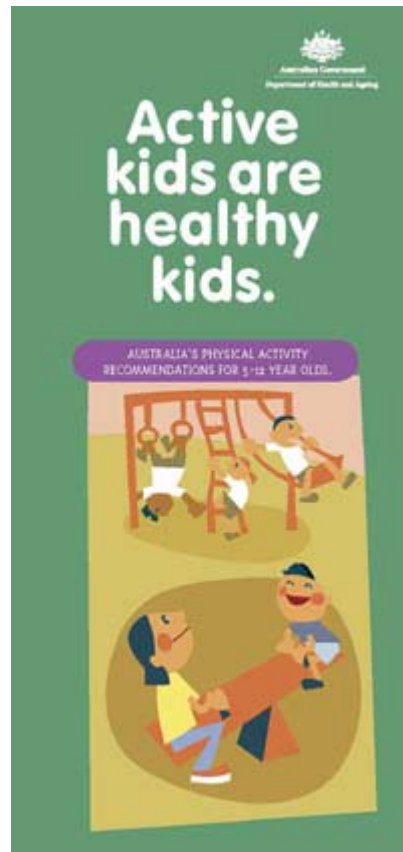
*and care should be taken to:*

- Limit saturated fat and moderate total fat intake. Low-fat diets are not suitable for infants
- Choose foods low in salt
- Consume only moderate amounts of sugars and foods containing added sugars.

*4) Care for your child's food: prepare and store it safely*

To obtain copies of the Food for health: Dietary Guidelines for Children and Adolescents in Australia booklet, contact 1800 020 103 extension 8654 (toll free number) or email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au)

## PHYSICAL ACTIVITY RECOMMENDATIONS FOR CHILDREN & YOUTH



1. Children and youth should participate in at least 60 minutes of moderate to vigorous intensity physical activity every day.
2. Children and youth should not spend more than 2 hours per day using electronic media for entertainment (e.g. computer games, Internet, TV), particularly during daylight hours.

To obtain copies of Active Kids are Healthy Kids, Australia's Physical Activity Recommendations for 5-12 year olds, please contact 1800 020 103 (toll free number) or email [phd.publications@health.gov.au](mailto:phd.publications@health.gov.au)

