

# FOOD4KIDS GUIDELINES



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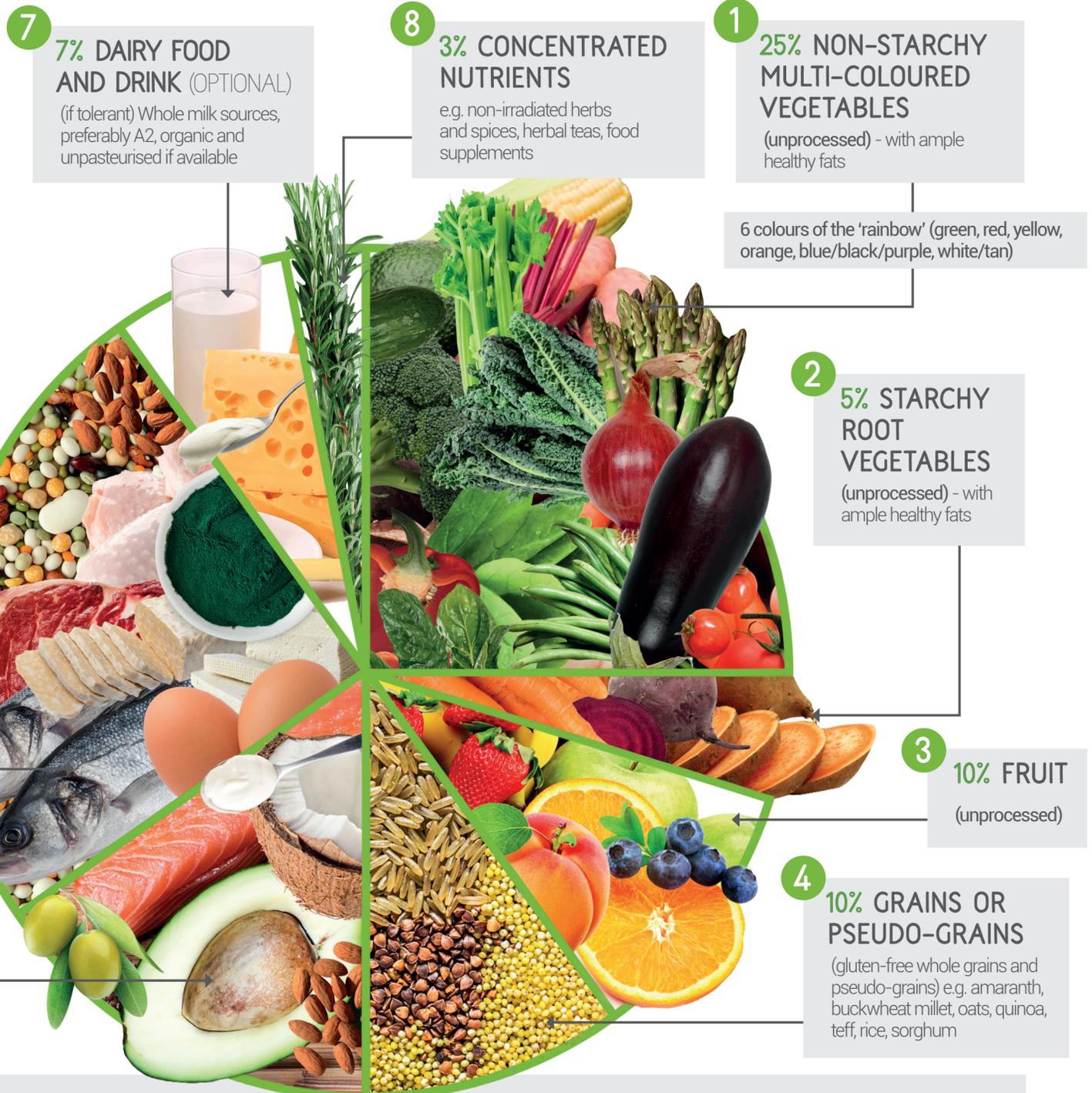
FOR YOUNG CHILDREN AGED 1-6

**Plant-dominant, diverse, low starchy carb, anti-inflammatory, high nutrient-density – priorities for healthy eating!**

Daily consumption of a diverse, varied and balanced range of fresh, largely unprocessed, whole foods with a macronutrient ratio by energy roughly of 10%, 35% and 55% for protein, complex carbohydrates and healthy fats, respectively. Combined with regular physical activity and ample rest, this forms the foundation for a healthy lifestyle.

## 8 FOOD GROUPS EVERY DAY

Percentages refer to amounts by weight (not energy contribution)



## 10 KEY POINTERS

- 1 Macronutrient composition by energy contribution (Kj or kcal) should be approximately 10% protein (4 kcal/g) (plant and/or animal sources), 35% complex carbohydrates (4 kcal/g) and 55% healthy fats (9 kcal/g) by energy contribution daily
- 2 Consume plenty of fresh, raw or lightly cooked plant foods (vegetables and fruit, in a roughly 4:1 ratio) that include all 6 colours of the 'rainbow' each day (green, red, yellow, orange, blue/black/purple, white/tan). Consume fermented foods regularly (e.g. yoghurt, kefir, kombucha)
- 3 Avoid/minimise 'free' (added) sugars. Avoid drinks sweetened using non-nutritive sweeteners
- 4 Drink water, not soft drinks or fruit juices most of the time, especially between meals
- 5 Include healthy fats such as virgin coconut oil, unfiltered extra virgin oil, safflower oil, virgin avocado oil and butter or ghee (only if not lactose intolerant) for cooking. Flaxseed, hempseed and macadamia oils may be added to other foods
- 6 Minimise consumption of highly processed foods and sugars. Avoid providing sweet foods or confections as treats. Maintain regular exposure to all flavour senses including bitter (e.g. chicory, ginger, broccoli, grapefruit) and sour (e.g. apple cider vinegar, kombucha, lemons, limes, rhubarb).
- 7 Maintaining a gluten-free and wheat-free diet is ideal given generally unknown nature of gluten or wheat sensitivities
- 8 Check for dairy intolerance and avoid dairy if there is any evidence of intolerance. Avoid any other foods which trigger sensitivity, intolerance or allergy
- 9 Avoid high-temperature cooking methods (frying, grilling, BBQ), unless brief. Minimise heat-damage to proteins, fats, vegetables, starches and other carbs by using slow cooking methods
- 10 Eat plenty of fresh herbs and non-irradiated, preferably organic spices

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