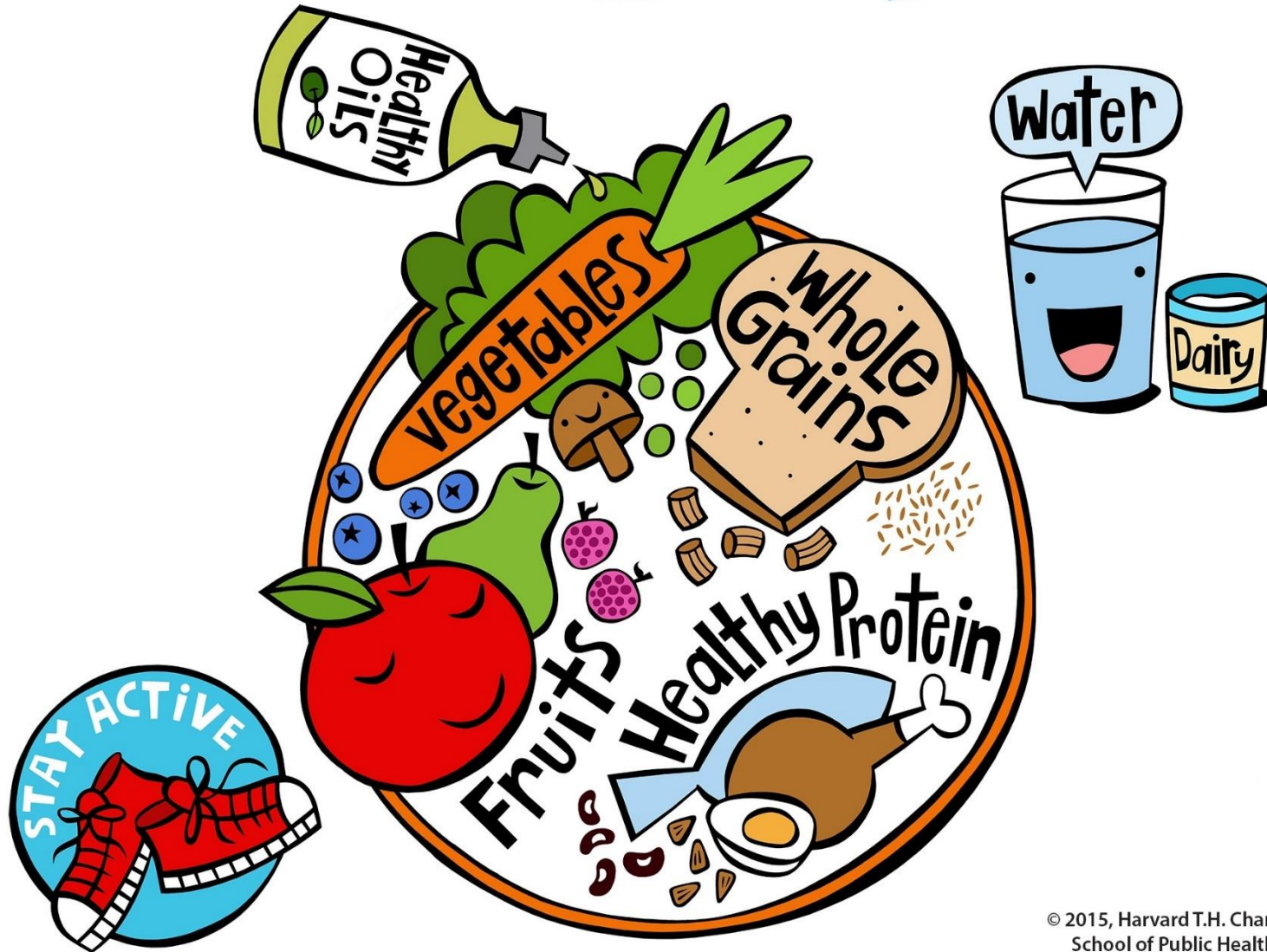


# Kid's Healthy Eating Plate



**Ideally the aim is:**

1 Fill half of the plate with colourful vegetables and fruits.

2 Split the other half between whole grains and healthy protein.

3 The more veggies – and the greater the variety – the better.

4 Eat fruits of all colours.

5 Choose whole fruits or chopped fruits (rather than fruit juices).

6 Go for whole grains or foods made with minimally processed whole grains. The less processed the grains, the better.

Whole grains include brown rice and foods made with whole grains, such as wholemeal pasta.

7 **The type of carbohydrate is more important than the amount of carbohydrate**, because some sources of carbohydrate—like vegetables, fruits, whole grains, and beans—are much healthier than sugar and foods made from white flour.

8 Choose beans and peas, nuts, seeds, and other plant-based healthy protein options, as well as fish, eggs and poultry.

Limit red meat (beef, pork & lamb) and avoid processed meats (such as bacon, deli meats & sausages).

9 Choose healthy fats and oils such as fish, nuts, seeds, and healthy oils such as extra virgin olive.

10 Choose unflavoured milk, plain yogurt, small amounts of cheese, and other unsweetened dairy foods.

11 Water should be the drink of choice with every meal and snack, as well as when we are active.

12 Limit juice and avoid sugary drinks like fizzy drinks, fruit drinks, and sports drinks.

**Overall, the main message is to focus on diet quality**

*Source: Harvard T.H. Chan School of Public Health, 2015*