

Better Nutrition

Healthy eating is very important for your children. It helps them grow strong, stay active, and learn better. By offering a variety of good foods every day, you can help them stay healthy and happy. Let's make healthy eating easy for your family!

Australian Guidelines for Healthy Eating

Guideline 1: To stay at a healthy weight, be active and eat the right amount of nutritious food and drinks.

- **Children and teens:** Should eat healthy foods to grow well and be active every day. Check their growth regularly.

Guideline 2: Eat a variety of healthy foods every day from these five groups:

- **Vegetables:** Different types and colours, including beans.
- **Fruits**
- **Grains:** Whole Grain foods like bread, rice, pasta, and oats.
- **Proteins:** Lean meats, poultry, fish, eggs, tofu, nuts, seeds, and beans.
- **Dairy:** Milk, yoghurt, cheese, or alternatives, mostly reduced-fat.
- Drink plenty of **water**.

Guideline 3: Limit foods with unhealthy fats, added salt, sugars, and alcohol.

- **Limit high-fat foods** like cakes, pastries, and fried foods. Use healthier fats like olive oil and avocado.
- **Limit salty foods:** Choose low-sodium options and avoid adding salt.
- **Limit sugary foods and drinks** like candy, soft drinks, and sports drinks.
- **If you drink alcohol:** Keep it to a small amount. Pregnant or breastfeeding women should avoid alcohol.

Resources for Help

Friends of Refugees

Address: 1D Parsons Avenue, Springvale, VIC 3171

Phone: 03 9574 6291

Website: <https://friendsofrefugees.org.au/>

Asylum Seeker Resource Centre (ASRC) Foodbank and Community Kitchen

Address: 214-218 Nicholson St, Footscray VIC 3011

Phone: 03 9326 6066

Website: <https://asrc.org.au/>

Victorian Refugee Health Network

Great resource to get help for health.

Website: <https://refugeehealthnetwork.org.au/>