

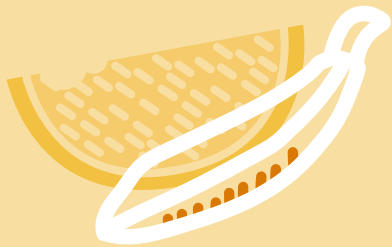


Munch & Move

Munch & Move is a NSW Health program that supports the healthy development of children from birth to 5 years in early childhood education and care settings.

Healthy eating for kids

Kids need healthy food every day to help them grow and develop. Try to offer kids different kinds of healthy food every day.



What are healthy foods?

- Wholegrain or wholemeal breads, cereals, rice, pasta, oats and noodles
- Vegetables like carrots, pumpkin, broccoli, peas and lettuce
- Fruit like apples, bananas, oranges and pears
- Milk, yoghurt and cheese (choose full-fat versions for children under 2 years old)
- Lean meats including chicken without skin, kangaroo, pork, lamb and beef with the fat cut off, and lean mince
- Seafood, fish and shellfish (fresh, frozen and canned are all healthy options)
- Eggs (boiled, scrambled and poached)
- Nuts*, seeds* or nut butters like peanut or almond butter or tahini
- Tofu and legumes such as lentils, kidney beans, baked beans, and chickpeas

Fresh, frozen and canned vegetables and fruit (in natural juices) are all healthy options.

*Whole nuts and seeds may cause choking in young children and should not be given to children under 3 years.



For more ideas go to
healthyliving.nsw.gov.au





Healthy breakfast ideas

- Porridge, oats or wholegrain breakfast cereals with milk and fruit
- untoasted muesli, yoghurt with chopped or pureed fruit
- Wholemeal toast with cheese, tomato and baked beans
- Boiled, poached or scrambled eggs with toast

All kids need a healthy breakfast to grow strong.

Healthy snack ideas

- Chopped up fruit and vegetables
- Plain rice cakes or crackers with cheese or vegetable dip
- Vegetable sticks with hummus
- Hard boiled eggs
- Vegetable slice made with egg and mixed vegies such as zucchini, spinach and corn
- Fruit smoothie made with yoghurt, milk and fruit
- Yoghurt with fruit





Tips to eat more fruit and vegetables

- ✓ Put fruit on breakfast cereal
- ✓ Pack fruit and vegetable sticks in your kid's lunchbox
- ✓ Add vegetables to soup, curry, stir fry and bolognese sauce
- ✓ Add salad to sandwiches
- ✓ Cut up fruit and vegetables so they are easy to eat
- ✓ Make a smoothie with fresh, canned or frozen fruit



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For more ideas go to [healthyliving.nsw.gov.au](https://www.healthyliving.nsw.gov.au)

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