Food Pyramid

The food pyramid helps kids to receive all the nutrients growing children need each day from the five food groups.

These are:
- Fruit
- Vegetables
- Protein - this includes lean meat, fish, poultry, eggs, nuts, legumes
- Grains - this includes bread, cereals, rice, pasta and noodles
- Dairy - this includes milk, yoghurt, and cheese

You’ll need to eat a number of serves from each group depending on your age and how active you are. Growing children need the following number of serves from each group:

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Grains</th>
<th>Vegetables</th>
<th>Fruit</th>
<th>Dairy</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 4-7 yrs</td>
<td>3 - 4</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>1/2-1</td>
</tr>
<tr>
<td>Children 8-11 yrs</td>
<td>4 - 6</td>
<td>4 - 5</td>
<td>1 - 2</td>
<td>3</td>
<td>1 - 11/2</td>
</tr>
<tr>
<td>Adolescents 12-18 yrs</td>
<td>4 - 7</td>
<td>5 - 9</td>
<td>3 - 4</td>
<td>3 - 5</td>
<td>1 - 2</td>
</tr>
</tbody>
</table>

*Sample serves from the Australian Guide to Healthy Eating.*

How big is one serve?

Fruit:
- 1 medium piece - such as an apple, banana or pear
- 2 small pieces - such as a kiwi fruit, passionfruit, plum
- 1 1/2 tablespoons of sultanas, raisins or currants
- 4 pieces of dried fruit - such as apricots, pears or figs
- 1 cup of tinned fruit

Vegetables:
- 1 potato
- 1/2 cup (75g) of cooked vegetables
- 1 cup of salad vegetables
- 1/2 cup (75g) of cooked legumes - dried beans, peas or lentils

Protein:
- 65-100g cooked meat or chicken
- 80-100g of fish fillets
- 2 small eggs

*Kids Academy Parent Resources 2010*
• 1/2 cup of cooked dried or tinned beans - such as lentils or red kidney beans
• 1/3 cup of nuts - such as almonds, cashews or peanuts
• 1/4 cup of seeds - such as sunflower or sesame

Grains:
• 2 slices of bread
• 1 medium bread roll
• 1 cup of cooked pasta, noodles or rice
• 1 1/3 cup breakfast cereal
• 1/2 cup muesli

Dairy:
• 1 cup of milk
• 200g of yoghurt
• 40g of cheese
• 1/2 cup evaporated milk

While there are plenty of foods that don't fall clearly into one of these categories - chips, chocolate - it's best to keep these 'extras' to minimum as they are usually high in empty calories, salt, sugars and fats.