

SNACKS



A healthy snack has...



1

BODY BUILDING
food

OR



1

PROTECTIVE
food

... & a **Healthy** DRINK

Healthy Snacks choices



For:

Energy

Body building

Protection



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Energy FOODS

Which foods could I choose?



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Body building FOODS



Which foods could I choose?



Protective FOODS

Which foods could I choose?



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Separate foods

If you like to keep it simple?



1 serve nuts



macadamia nuts



figs



egg



sultanas

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MIXED FOODS

Would I choose crackers?



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MIXED FOODS

Would I choose a salad sandwich?



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MIXED FOODS



Would I choose fruit salad?



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MIXED FOODS

Would I choose a Wobbly or Fruit crumble?



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MIXED FOODS

Would I choose a fresh fruit homemade smoothie?



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MIXED FOODS

Would I choose a small piece of homemade cake?



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HEALTHY DRINKS

Which drinks would I choose?

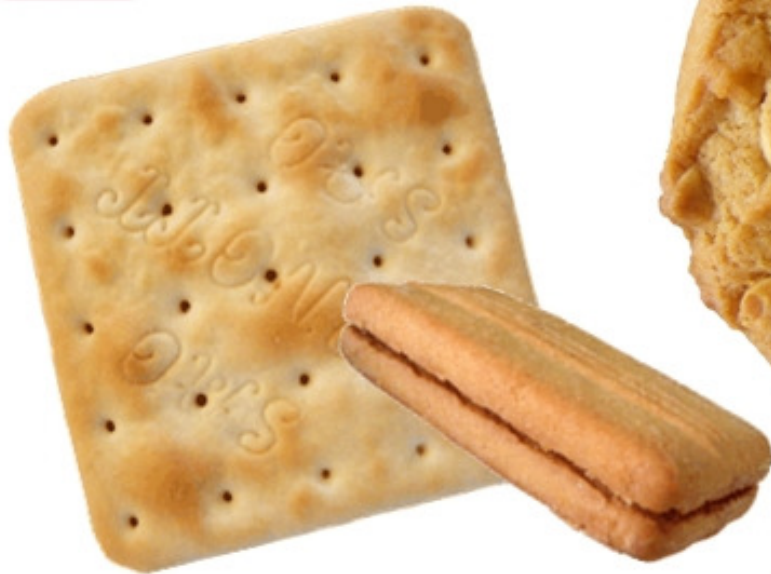


SNACKS



Problem FOODS

Which foods would I avoid?



Too much **SUGAR**, **SALT** or **Saturated FAT**

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Problem DRINKS

Which drinks would I avoid?



Too much SUGAR

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Other DRINKS

When can you have these drinks?

If you are a female avoid tea with meals*



If you drink tea or coffee, TRY NOT TO ADD SUGAR

If you are under 13 years old, tea or coffee has too much CAFFEINE

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To promote eating protective foods like fruit & vegetables.

Adults (Daily Intake Australian Dietary Guidelines – summary)

Fruit – 2 serves for adults

Vegetables – 5 serves for women, 6 – 6.5 serves for men, 5 serves for pregnant women, 7.5 serves for breast feeding women.

Children (Daily Intake Australian Dietary Guidelines – summary)

Fruit – 1 serve for boys & girls (2-3 years), 1.5 serves for boys & girls (4-8 years), 2 serves for boys & girls (9-11 years)

Vegetables – 2.5 serves for boys & girls (2-3 years), 4.5 serves for boys & girls (4-8 years), 5 serves for girls (9-18 years), 5 serves for boys (9-11 years), 5.5 serves for boys (12-18 years)

To connect examples from the CDRO picture recipes with choices needed to get the recommended daily intakes for: Energy, Body Building & Protective food groups.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

You may not find all the posters appropriate for some age groups. You will need to choose the most appropriate posters for your purposes. Example : the alcohol drinks poster may be more appropriate for adolescents & young adults of both sexes.

This resource is designed to be printed A3 size and then laminated.

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