

Healthy Cooking

Meat

- Buy lean meats
- Cut the excess fat off meat prior to cooking
- Grill, dry bake or BBQ
- Use non-stick cookware

Fruit & Vegetables

- Enjoy a wide variety of different coloured fruits and vegetables as these will provide different nutrients
- Steam vegetables - this is a healthy, low fat option that will maximise the vitamin and mineral content

Dairy

- Provide low fat dairy products to children over two years of age

Breads & Cereals

- Provide your family with whole grains - this will make them feel fuller for longer and is a great source of fibre for good bowel health

Tips

- Avoid offering meal alternatives if your child is a fussy eater. Continue to offer even if initially refused
- Avoid keeping junk food in the house
- Praise your child for healthy eating
- Avoid frying (get rid of the deep fryer!)