|  |  |
| --- | --- |
| **D/G Children & Adolescents** | **D/G Adults** |
| **Encourage and support breast feeding** | **Encourage and support breast feeding** |
| **Enjoy a wide variety of nutritious foods** | **Enjoy a wide variety of nutritious foods** |
| **Eat plenty of vegetables, legumes and fruit** | **Eat plenty of vegetables, legumes and fruit** |
| **Eat plenty of cereals (including breads, rice, pasta and noodles, preferably wholegrain)** | **Eat plenty of cereals (including breads, rice, pasta and noodles, preferably wholegrain)** |
| **Include lean meat, fish, poultry and/or alternatives** | **Include lean meat, fish, poultry and/or alternatives** |
| **Include milks, yoghurts, cheeses and/or alternatives.**  **Reduced fat milks are not suitable for children under 2 years because of their high energy needs and essential fatty acids that are needed for growth. However, reduced-fat varieties should be encouraged for older children and adolescents** | **Include milks, yoghurts, cheeses and/or alternatives.**  **Reduced fat varieties should be chosen where possible** |
| **Drink water** | **Drink water** |
| **Alcohol is not recommended for children** | **Take care to:**  **Limit alcohol** |
| **Limit saturated fat and moderate total fat intake**  **Low fat diets are not suitable for infants** | **Limit saturated fat and moderate total fat intake** |
| **Choose foods low in salt** | **Choose foods low in salt** |
| **Consume only moderate amounts of sugars and foods containing added sugars** | **Consume only moderate amounts of sugars and foods containing added sugars** |
| **Children and adolescents need sufficient foods to grow and develop normally.**  **Growth should be checked regularly for young children** |  |
| **Be physically active** | **Prevent weight gain: Be physically active** |
| **Care for your child’s food: prepare and store it safely** | **Care for your food: prepare and store it safely** |

1. Who was responsible for developing the dietary guidelines?
2. Why were they developed?
3. Why are low-fat products not recommended for children under the age of 2 years?
4. Who was responsible for developing the Australian Guide to Healthy Eating?
5. What was this food model based on?
6. What does this model include?
7. Why are legumes in 2 categories?
8. What is the difference between Healthy Diet A or B?