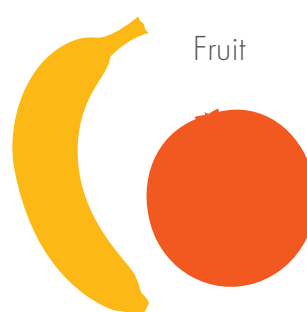


# NUTRITION IN CHILD CARE

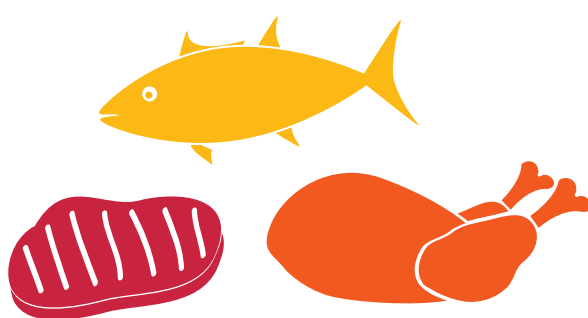
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It is important your child has healthy food to give them all the nutrients their body needs to grow, develop and reach their physical and mental potential. All services will have a healthy eating policy in place.

The National Health and Medical Research Council of Australia recommends that children and adolescents maintain a varied diet which includes the following five main food groups.



Grain (cereal) foods,  
mostly wholegrain  
and/or high cereal  
fibre varieties



Lean meats and poultry, fish,  
eggs, tofu, nuts and seeds,  
and legumes/beans



Milk, yoghurt, cheese  
and/or alternatives,  
mostly reduced fat

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To find quality approved early education and care in Australia visit  
**[www.startingblocks.gov.au/findchildcare](http://www.startingblocks.gov.au/findchildcare)**

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