

Dietary Guidelines:

Healthy Eating & Food portions

Hatfield Montessori School

Basic Balanced Nutrition According to Age Group:

A well controlled blood glucose level ensures:

- > Sleeping better at night
- > Getting up well rested
- > Sustained energy levels during the day
- > Better concentration levels
- > Good growth & development
- > Prevention of life style diseases in future

Children need to include THREE food groups at meal times & snacks:

1) Energy Foods:

These foods provide energy to the body allowing children to be active, just like petrol for a motor car.

Examples: Bread, pasta, rice, mealies, potato, sweet potato, porridge, cereals, fats & sugars

2) Building Foods:

These foods build the body and allow children to grow & wounds to heal, just like bricks are used to build a house.

Examples: Meat, chicken, fish, eggs, nuts, milk, yoghurt also including beans & lentils

3) Protecting Foods:

These foods protect children from getting sick by providing vitamins & minerals that boost the immune system.

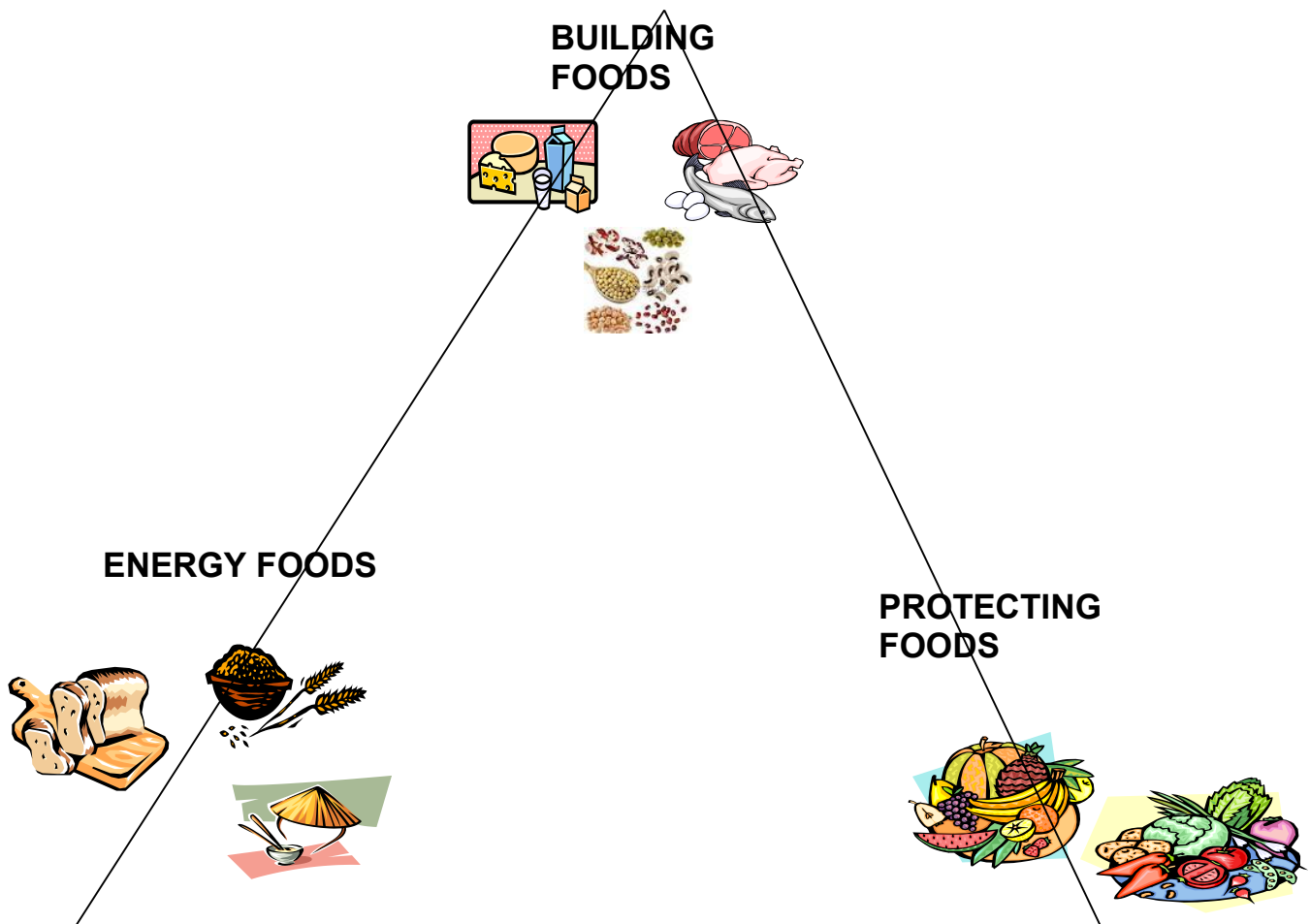
Examples: All fruits & vegetables

The aim: include a food from each food group at each meal

Food Pyramid for Children

10 Point Guide:

1. Enjoy a variety of food
2. Be active
3. Make lower GI foods the basis of most meals
4. Eat plenty of fruit and vegetables every day
5. Eat cooked dried beans, peas, lentils and soy regularly
6. Low fat chicken, meat, fish, dairy or eggs could be eaten daily
7. Eat fats, especially saturated fats, sparingly
8. Use salt sparingly and limit salty foods
9. Drink lots of clean, safe water
10. Eat and drink sugary foods sparingly



Basic Portion guide:

Food group	Portions / day	2-3 years	4-6 years
Meat and meat substitutes:	4-5 1 2 2 } 2 }	1 egg 30g Meat / chicken / fish 15ml Peanut Butter 60-65ml Legumes 20-30g Nuts	1 egg 30-60g Meat / chicken / fish 30ml Peanut Butter 125ml Legumes 30-45g Nuts 1 egg
Milk and milk products:	3-5	125ml Milk / Yoghurt 15-20g Cheese	125-180ml Milk / Yoghurt 15-30g Cheese
Fruit and Veggies:	2 Fruits + 3 Veg	30-45ml cooked veg 60ml raw veg ½-1 small fruit 30-60ml canned fruit 90-120ml 100% fruit juice	45-60ml cooked veg 90ml raw veg 1 small fruit 60-90ml canned fruit 120ml 100% fruit juice
Starches:	3-4	½-1 slice of low GI bread 2 ProVitas 60-125ml cooked porridge 125ml cereals 80-125ml cooked starches (rice / potatoes / sweet potatoes / pasta)	1 slice of low GI bread 3 ProVitas 250ml cooked porridge 125-180ml cereals 125ml cooked starches (rice / potatoes / sweet potatoes / pasta)
Fats and oils:	3+	5ml fats / oils	5ml fats / oils

Responsibility of the school: 2 x Snacks + 1 x Lunch

I suggest you commit to the following:

Snack 1	1 x starch OR 1 x fruit OR 1 x veg AND/OR 1 x protein AND 1 x milk/yoghurt
Lunch	1 x Meat / Chicken / Fish OR 1 x Legumes AND 2 x Veg (cooked / raw) AND 1 x starch
Snack 2	1 x starch AND Peanut butter (Protein) OR 1 x fruit

NOTE: When a child had a starch for snack 1, it is advised not to have another starch for snack 2, but rather have a fruit.

For lunch – according to the portion guide – it would be equal amount of legumes to starch, and ½ the amount of animal protein to starch

Factors that influence eating

- › Fussy eater
- › Feeling sick
- › During a growth spurt
- › A bigger breakfast that includes protein, can lead to a decreased snack
- › Allergies and food intolerances
- › The small kids might be unable to feed themselves – and not eat enough

Responsibility of the parent:

1 x Breakfast and 1 x Supper

I suggest the following:

Breakfast	1 x starch AND 2 x milk AND/OR 1 x protein, e.g. egg AND/OR 1 x fruit
Supper	2 x Protein AND 1 x starch AND 1 x Veg
Pudding	1 x Fruit