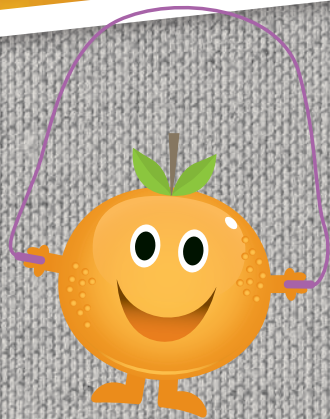


Healthy Food

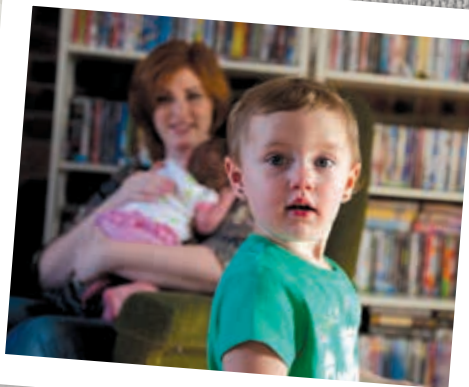


for babies
& toddlers





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Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

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



Vegetables and legumes/beans



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



Fruit



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



Use small amounts



Only sometimes and in small amounts



0-6 months



Age (years)



For the first six months of life, all your baby needs is breast milk. Breast milk provides all the nutrients your baby needs, protects against infection, is easily digested and changes to suit the needs of your baby. No other milks, food or drinks are needed.

Continue to give your baby breast milk for the first 12 months or for as long as you and your baby desire.

If you stop breastfeeding before your baby is 12 months old, an infant formula should be used until 12 months. See page 37 for information on safe bottle feeding.

Support

If you need support or more information about breastfeeding talk to your Child and Family Health Nurse, Lactation Consultant or contact the Australian Breastfeeding Association. See page 42 for website details.



6-12 months



See page 40
for some more
cooking tips!



Age (years)



6

WHEN WILL MY BABY BE READY FOR SOLID FOODS?

Most babies are ready for solid foods around six months of age. Around this time babies need more nutrients than they receive from breast milk or infant formula alone, especially iron.

Signs that your baby is ready to start solids include:

- ✓ Being able to sit up well with support
- ✓ Being able to hold their head up
- ✓ Showing an interest in food such as watching you eat and trying to reach for food when you are eating
- ✓ Being hungrier and not settling well after a full feed.

TIPS

- A number of attempts on different occasions may be needed before a new food is eaten. Don't give up on the first go, keep on trying and keep it fun!
- Continue breastfeeding (or feeding your baby infant formula) while introducing solid foods until your baby is 12 months old.
- It is common for babies to gag, with coughing or spluttering, while they are learning to eat. This is different to choking and is not a cause for concern. However, choking that prevents breathing is a medical emergency, so never leave your baby unattended while they are eating.
- See page 36 for food safety tips.

7

HOW DO I START?

Start with small amounts of iron-enriched infant cereal and/or cooked pureed meat, poultry, fish, plain tofu or legumes (e.g. lentils, chickpeas and red kidney beans).

Then offer your baby a variety of foods from the five food groups that include a range of flavours, for example different types of pureed vegetables and fruit.

6 months



PUREE



MASHED



MINCED



CHOPPED



8 months



FINGER FOODS

12 months



FAMILY FOODS

TIPS

- Increase and vary food textures to help baby develop. Babies adapt quickly moving from pureed and finely mashed foods to lumpy foods.
- Introducing more textured foods reduces the risk of speech problems and fussy eating.

FOODS TO AVOID



Avoid foods that babies could choke on such as whole nuts, hard raw fruits and vegetables, popcorn or other hard foods.



Do not give babies fruit juice, fruit drinks, tea, herbal teas, coffee, soft drinks or cordial.



Babies should not be fed honey or raw eggs.



Avoid giving babies foods with high levels of fat, saturated fat, added sugars or added salt. Examples include cakes, biscuits, confectionary and potato chips.

DRINKS

Breast milk or infant formula should be the main drinks given to your baby in the first year.

From around 6 months, small amounts of cooled boiled tap water can supplement breast milk or infant formula.

Do not give babies fruit juice, fruit drinks, tea, herbal teas, coffee, soft drinks or cordial.

Some milks are not suitable for babies under 12 months. They may not have enough nutrition to meet baby's growth and development needs and they may cause harm to a baby's kidney or digestive system.

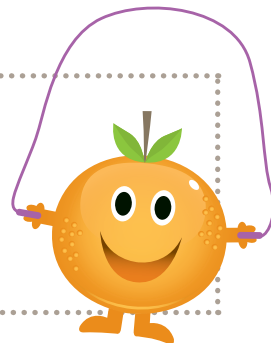
Cow's milk should not be given as the main drink to babies under 12 months, however small amounts of full fat milk may be used to prepare solid foods such as cereals and custard.

Goat's milk and sheep's milk are not suitable for babies and should not be given as the main drink before they are 12 months.

Soy, rice, oat, coconut or almond milks are inappropriate alternatives to breast milk or infant formula in the first year.

TIP

If you choose soy, rice, oat, coconut or almond milk after your baby turns one, make sure it is calcium enriched!



TIME FOR A CUP

Start to teach your baby to use a cup from six months. Offer cooled boiled tap water, expressed breast milk or infant formula in a sipper cup.

Once your baby has turned 1 year old, plain tap water is the best drink for toddlers.



PREPARING YOUR BABY'S FIRST FOODS

Preparing and cooking food from fresh ingredients allows you to offer your baby a variety in tastes and textures and is cheaper than using commercial baby food.

Do not add sugar, honey or salt.

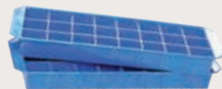
Commercial baby foods can be convenient when travelling, if you are really tired or out of time. However, home cooked foods add a wider variety of tastes and textures.

Prepare extra food and freeze into portion sizes in ice cube trays. Once frozen, remove from tray and store in a sealed labelled freezer bag for up to three months.

TIPS

- Avoid using non-spill cups with valves as they encourage your baby to suck, rather than learn to sip and drink.
- Feeding cups can be sterilised the same way as bottles until 12 months of age.

KITCHEN EQUIPMENT TO PREPARE YOUR BABY'S FOOD



TIP See page 34 for ideas on creating happy meal times.

Meat Puree

1-2
SERVES 

Ingredients:

50-60g chicken, lean beef, veal or lamb (finely chopped or minced)

1. Place meat in a small saucepan with a small amount of water.
2. Bring to the boil, reduce heat and simmer gently until meat is tender (about 30 minutes).
3. Drain excess water, reserving one tablespoon of cooking liquid.
4. Allow to cool and puree with reserved cooking liquid.

TIP

Use meat from the family meal to puree or grate.



Fish Puree

1-2
SERVES 

Ingredients:

1 fillet of fish, boneless
2 tablespoons of mashed potato

1. Place fish in a steamer or saucepan with a small amount of water. Cover and cook gently until fish is tender.
2. Mash fish with a fork or puree.
3. Add mashed potato and combine.

TIPS

- Prepare extra food and freeze into portion sizes in ice cube trays. Once frozen, remove from the ice cube tray and store in a sealed labelled freezer bag for up to three months.
- Use a small can of tuna or salmon in spring water instead of a fish fillet and mash it with a fork.

Fruity Tofu

1-2
SERVES 

Ingredients:

1 x 3cm square of soft tofu
2 x dried apricots, soaked in a tablespoon of boiling water
1/3 banana

1. Place all ingredients in a bowl.
2. Puree until smooth.

TIP

Tofu combines well with fruit or vegetables.

Mashed Vegetables



Ingredients:

Choose any vegetable that is in season or on special!

1. Steam, microwave or boil until soft.
2. Allow to cool, then mash.
3. Add cool, boiled water, breast milk or infant formula to get desired consistency.


Try mashing combinations of vegetables for different tastes and textures:

- > Carrot and pea
- > Orange sweet potato and spinach
- > Carrot and cauliflower
- > Zucchini and potato
- > Orange sweet potato and green beans
- > Broccoli and carrot
- > Carrot and pumpkin
- > Parsnip, orange sweet potato and spinach
- > Cauliflower and potato

TIPS

- > Mix mashed vegetables with an iron enriched infant cereal.
- > Do not add salt, sugar, honey, butter or margarine.



KEY  = OK to freeze

 = don't freeze

Cheesy Scrambled Eggs

1-2
SERVES

Ingredients:

- 2 eggs
- ¼ cup milk
- 1 teaspoon margarine
- ¼ cup grated cheddar cheese

1. In a small bowl, beat the eggs and milk lightly with a fork.
2. Melt the margarine in a small saucepan or non-stick fry pan over medium heat.
3. Pour egg mixture into pan and cook, stirring until egg is almost set. Add in cheese and stir through to melt.

TIP

Add vegetables like steamed spinach, grated zucchini, creamed corn, chopped tomatoes or mushrooms.

TIPS

- Lentil puree can be mixed with mashed vegetables or a small amount of fresh or frozen spinach that has been steamed.
- Try pureeing other canned, ready to eat legumes such as kidney beans or chickpeas with different mashed or pureed vegetables.



Lentil Puree

2-4
SERVES



Ingredients:

½ cup red or brown lentils or use canned lentils for quicker cooking

1. Place lentils in a saucepan and cover with water.
2. Bring to the boil.
3. Reduce heat and simmer until lentils are tender (red lentils take 20 minutes, brown lentils take longer and tinned lentils cook in 5 minutes).
4. Drain and mash to desired consistency.



Stewed Apple or Pear

Ingredients:

1 apple or pear, peeled, cored and sliced

1-2
SERVES



1. Place apple or pear in a small saucepan with a small amount of water.
2. Bring to the boil, then reduce heat and simmer until fruit is soft.
3. Drain excess water, reserving one tablespoon of cooking liquid.
4. Allow to cool and mash with reserved cooking liquid.

TIPS

- > If microwaving the fruit, use only one tablespoon of water.
- > Many soft fruits can be mashed without any cooking.

SOME TASTY FRUIT COMBINATIONS:

- > Pear and apricot
- > Apple and nectarine
- > Banana and paw paw*
- > Pear and kiwifruit
- > Apple and apricot
- > Banana and mango*
- > Apple and strawberry
- > Apple and peach
- > Apple and rhubarb
- > Peach and nectarine
- > Banana and kiwifruit*
- > Avocado and banana*

*no cooking required





Apricot Porridge **2-4**

Ingredients:

- 6 dried apricots
- ½ cup (125mL) milk
- 2 tablespoons rolled oats
- 1 pear, stewed or ripe, peeled, cored and cut into pieces
- 1 banana, sliced

1. Place apricots in a small saucepan and just cover with water.
2. Bring to the boil, reduce heat and simmer until soft (about 5 minutes).
3. Meanwhile heat the milk in another small saucepan, stir in the oats, bring to the boil, reduce heat and simmer, stirring occasionally for 3-4 minutes.
4. Drain and roughly chop apricots.
5. Combine oat mixture, apricots and pear. Allow to cool then mash.
6. Add milk to get desired consistency.
7. Add sliced banana on top.



Semolina with fruit **1-2**

Ingredients:

- 1 tablespoon semolina (a coarse granular flour made from durum wheat, available in the cereal section of most supermarkets)
- 1 cup milk
- 1 tablespoon stewed or mashed fruit

1. Place semolina and milk into a small saucepan.
2. Stir over medium heat for 5 minutes until it comes to the boil and thickens.
3. Spoon into serving bowl and mix with fruit.

TIPS

- Try mixing in stewed apple or pear, mashed banana, peach or avocado.
- Full cream milk, breast milk or infant formula can be used in cooking.

Broccoli/Cauliflower Cheese

3-5
SERVES



Ingredients:

- 175g cauliflower/broccoli, cut into pieces
- 15g margarine
- 1 tablespoon plain flour
- 150ml milk
- 50g cheddar cheese, grated

TIP

Cheese sauce can be used with different vegetables

1. Steam, boil or microwave cauliflower/broccoli until tender, then mash or chop finely.
2. Melt the margarine over a low heat in a saucepan. Do not allow to boil. Remove from heat, add flour and stir until smooth.
3. Return to low heat and cook for 1 minute, stirring continuously.
4. Add milk slowly, stirring all the time. Continue stirring over medium heat until sauce boils and thickens.
5. Take the saucepan off the heat and stir in the grated cheese. Keep stirring until the cheese has melted and the sauce is smooth.
6. Add the cauliflower or broccoli to the sauce.

Vegetable Fingers

1-2
SERVES

Ingredients:

- 1 carrot, potato or sweet potato, peeled and cut into thin 'straws' or chips

1. Steam or microwave vegetables until tender.
 2. Allow to cool before serving.
- Serve with mashed avocado, hummus or tzatziki (Greek yoghurt-based dip) for dipping.



Beef Casserole

4-6
SERVES



Ingredients:

- 1 onion, peeled and finely chopped
- 1½ tablespoons vegetable oil
- 225g lean stewing (blade or round) steak, cut into chunks
- 2 carrots, peeled and sliced
- 2 medium potatoes, peeled and cut into chunks
- 4-6 broccoli pieces
- 1 tablespoon chopped parsley
- 450mL salt-reduced chicken or beef stock

1. Preheat oven to 180°C.
2. Heat oil in a medium saucepan over medium to high heat. Lightly cook the onion until golden. Add beef and cook until browned. Place meat, onions, vegetables and stock into casserole dish with a lid.
3. Place in the preheated oven and cook until meat is really tender (about 2 hours). Add extra stock if necessary.
4. Add broccoli and cook for a further 10 minutes, then sprinkle with parsley and serve.

Toast Fingers

1-2
SERVES

Ingredients:

- 1 slice thick wholemeal bread

1. Toast bread and allow it to cool.
2. Cut into three pieces.
3. Offer one finger of toast at a time.

TIPS

- Spread toast fingers with mashed avocado, ricotta cheese, hummus, tahini or yeast extract e.g. Vegemite.
- For some children, the crusts may need to be removed as they can be tough and difficult to chew.

Pumpkin Polenta Fingers

8
SERVES



Ingredients:

3 cups water

1 cup polenta (a coarse, granular flour made from corn or maize, also called corn meal)

100g cooked mashed pumpkin

2 tablespoons parmesan cheese

1 tablespoon oil

1. Bring water to the boil in a large saucepan and slowly add polenta.
2. Reduce to low heat. Cook uncovered, stirring constantly until polenta is a porridge-like consistency.
3. Remove from the heat and stir in the pumpkin and cheese.
4. Spoon mixture into a greased, shallow dish and refrigerate until set (about 30 minutes). Cut into finger shapes.
5. Heat oil in a non-stick frypan and cook polenta fingers over low heat to brown and warm before serving.

Rice Pudding

Ingredients:

1 cup cooked rice

1 cup milk

1 teaspoon vanilla essence

½ - 1 tablespoon sugar

2-4
SERVES

1. In a saucepan mix together rice, milk and sugar.
2. Stir over low heat until milk is absorbed.
3. Add vanilla.
4. Cool and serve warm or cold.

TIPS

- Serve with stewed fruit or pieces of soft fruit like banana or mango.
- Arborio rice or short grain rice cooks softer and more easily absorbs milk when making rice pudding.

12 months +



Age (years)



TODDLERS 1-2 YEARS

You can now enjoy your family foods with your toddler!

Continue breastfeeding for as long as you and your baby desire.

Full cream milk can now be introduced as a drink. Low fat and reduced fat milks are not recommended until your toddler turns two. Don't let your toddler fill up on fluids such as milk (limit to 500mL per day) as this may decrease their appetite for meals.

2-3 YEARS

Give up the bottle. Bottle feeding for too long can lead to tooth decay and ear infections. Encourage your child to use a cup.

Toddler formulas offer no nutritional advantage for healthy children. Juices are best avoided.

Foods with a high risk of choking such as whole nuts, seeds, raw carrot, celery sticks and chunks of apple should be avoided until your toddler is three.

Avoid or limit foods with high levels of fat, saturated fat, added sugars and added salt.

Your child can now drink reduced fat milk.

SAMPLE FOOD PLAN FOR 1-2 YEAR OLDS

Meal		Food	Food group and number of serves
Breakfast	Apricot Porridge Water to drink	½ cup cooked porridge 2 dried apricots ¼ pear 100ml milk	1 grain (cereal) ½ fruit ½ milk, yoghurt, cheese
Morning Tea	Yoghurt and fruit Water to drink	½ cup full fat plain yoghurt 4 small strawberries	½ milk, yoghurt, cheese ½ fruit
Lunch	Baked beans on wholemeal toast Water to drink	1 slice grain toast ½ cup baked beans	1 grain (cereal) 1 vegetable/legumes
Afternoon Tea	Fruit bread/raisin toast Water to drink	1 slice fruit bread	1 grain (cereal)
Dinner	Tuna Mornay Water to drink	100g canned tuna ½ cup corn and zucchini ¼ cup cooked pasta White sauce	1 lean meats, poultry, fish, tofu, eggs, legumes 1 vegetable ½ grain (cereal) ¼ milk, yoghurt, cheese
Evening snack	Stewed fruit with rice pudding	¼ cup stewed fruit ¼ cup rice pudding	¼ fruit ¼ milk, yoghurt, cheese ¼ grain (cereal)

SERVES PER DAY FOR 2-3 YEAR OLDS

Vegetables and legumes/beans	2½
Fruit	1
Grain, mostly wholegrain and high fibre	4
Lean meats, poultry, fish, eggs, tofu, nuts, seeds, legumes or beans	1
Milk, yoghurt or cheese	1½

A STANDARD SERVE IS ABOUT:



www.eatforhealth.gov.au ©Commonwealth of Australia

SAMPLE FOOD PLAN FOR 2-3 YEAR OLDS

Meal		Food	Food group & No of serves
Breakfast	Wheat biscuit with milk banana Water to drink	1 wheat biscuit 125ml reduced fat milk ½ small banana	1 grain (cereal) ½ milk, yoghurt, cheese ½ fruit
Morning Tea	Crisp bread with cheese and tomato Water to drink	3 small wholegrain crispbread 1 slice cheese 3 slices tomato	1 grain (cereal) ½ milk, yoghurt, cheese ½ vegetable
Lunch	Egg and lettuce wholemeal sandwich Water to drink	2 slices wholemeal bread 1 cooked egg ½ cup cos lettuce	2 grain (cereal) ½ lean meats, poultry, fish, tofu, eggs, legumes ½ vegetable/legume
Afternoon Tea	Vegetable fingers with hummus Water to drink	Variety of vegetables e.g. Lightly cooked carrot, green beans, zucchini Hummus dip 2 tablespoons	1 vegetable/legume
Dinner	Stir fry with lamb and vegetables Water to drink	50g lamb strips Mushrooms Bok choy Capsicum Hokkein noodles	½ lean meats, poultry, fish, tofu, eggs, legumes 1 vegetable/legume 1 grain (cereal)
Evening snack	Fruit and yoghurt	½ cup full fat plain yoghurt ½ small banana	½ milk, yoghurt, cheese ½ fruit

Hummus

Ingredients:

400g can chickpeas, drained
1 clove of garlic, peeled and crushed
1 tablespoon lemon juice
¼ cup milk (can use water instead)
¼ cup tahini (a sesame paste available near the jams and spreads in most supermarkets)

1. Combine all ingredients
2. Mash or puree until smooth

2
CUPS 



Baked bean pie

Ingredients:

820g canned baked beans
1 medium zucchini, grated
3 medium potatoes, peeled and chopped
¼ cup milk
½ cup grated cheese
Handful of fresh chives (optional)

1. Preheat oven to 180°C.
2. Place baked beans in a medium-sized ovenproof dish. Mix in zucchini.
3. Steam or boil potatoes until soft. Mash potatoes with milk. Stir in chives and spread potato mixture evenly over baked bean mixture and sprinkle cheese on top.
4. Bake for 20 minutes.

4-8
SERVES 

Tomato & Lentil Soup

Ingredients:

1 tablespoon olive or canola oil
1 medium onion, chopped
1 clove garlic, crushed
1 cup red lentils
400g can diced tomatoes
2 tablespoons tomato paste
3 cups salt-reduced vegetable stock or water

1. Heat oil in a large saucepan over a medium heat, add onion and garlic and fry until onion is soft.
2. Add lentils, diced tomatoes, tomato paste and vegetable stock or water, bring to the boil.
3. Reduce heat and simmer for 40-45 minutes, stirring often, until lentils are soft.

4-8
SERVES 



Fried rice

Ingredients:

2 teaspoons vegetable oil
 1 spring onion, finely sliced
 1 slice ham, chopped
 ½ celery stick, sliced
 1 small carrot, peeled and finely chopped or grated

½ small red capsicum, finely chopped
 ¼ cup corn kernels
 1 cup cold cooked basmati rice or brown rice
 1 egg, lightly beaten
 1-2 teaspoons reduced salt soy sauce

2-4
SERVES



1. Heat oil over medium heat in wok or non-stick frying pan. Add spring onion and ham. Stir fry for 3 minutes or until the spring onion is soft. Add the celery, carrot, capsicum and corn. Stir fry for about five minutes or until vegetables are tender.
2. Add the rice and stir fry for 3 minutes or until heated through. Push the rice and vegetables to the side. Add the egg and cook, stirring until it is scrambled
3. Mix vegetables and egg together. Pour in the soy sauce and stir fry for 1 minute.



Toddler couscous

Ingredients:

- 1 cup salt-reduced chicken stock or unsalted water
- $\frac{3}{4}$ cup couscous (tiny cream coloured pellets made from wheat. Available in the pasta section of the supermarket)
- 1 tablespoon margarine or oil
- $\frac{1}{2}$ small onion, peeled and chopped
- $\frac{1}{2}$ unpeeled zucchini, diced or grated whole
- 2 tomatoes, chopped
- 100g cooked chicken, diced

TIP

Replace chicken with canned chickpeas.

2-3
SERVES



1. Place couscous in a separate bowl. Boil chicken stock or water. Pour chicken stock or water over couscous and let stand for about 6 minutes or until liquid is absorbed.
2. Meanwhile, melt margarine in a saucepan over medium heat. Add onion and lightly fry for 2 minutes. Add zucchini and cook for about 4 minutes. Add tomato and cook for 1 minute.
3. Fluff the couscous with a fork and mix in the zucchini mixture and the chicken.



Vegetable pikelets

Ingredients:

- 310g canned creamed corn
- 130g canned corn kernels
- 1 medium zucchini, grated
- 1 cup milk
- 3 tablespoons margarine, melted
- 2 eggs, beaten
- 1¼ cup self-raising flour

1. Combine creamed corn, corn kernels, zucchini, milk, margarine and eggs in a medium-sized bowl. Mix well. Add flour and stir until combined.
2. Lightly grease non-stick frypan and heat. Drop 1 tablespoon portions of the mixture into the fry pan and cook until bubbles start to rise on the sides. Turn and brown the other side.

TIP

A great snack that can be frozen and packed in lunch boxes.

35-40
PIKELETS 

Savoury toastie

Ingredients:

- 3 small mushrooms, finely chopped
- ½ cup baked beans (or 130g can)
- 6 leaves spinach, washed and chopped
- 4 slices wholemeal or multigrain bread
- Olive oil or canola oil

1. Microwave mushrooms on high for 30 seconds and drain excess moisture.
2. In a small bowl combine mushrooms, baked beans and spinach.
3. Lightly spray sandwich maker with oil. Place two slices of bread on the base of the sandwich maker then divide the filling over the two slices. Top with two slices of bread and toast until heated through and golden brown.

TIP

Use other vegetables, e.g. Chinese cabbage, chopped capsicum.

2-4
SERVES 



Tuna mornay

4-6
SERVES 

Ingredients:

1 cup pasta
1 tablespoon margarine
1 tablespoon flour
1 cup milk

½ cup cheese
185g tuna in spring water
310g tin creamed corn
2 tablespoons breadcrumbs

1. Preheat oven to 180°C.
2. Cook pasta in boiling water according to directions on the packet.
3. Melt margarine in small pan over medium heat. Add flour and cook stirring for 1 minute. Gradually add milk and stir until sauce boils and thickens. Simmer for 3 minutes.
4. Add cheese, tuna, corn, pasta. Stir through until cheese melts. Pour into greased casserole dish.
5. Sprinkle breadcrumbs over top.
6. Bake for 15 minutes or until golden.

TIPS

- For extra vegetables add frozen mixed vegetables or grated carrot and zucchini.
- Try using rice instead of pasta.



Honey soy lamb stir fry

2 
SERVES

Ingredients:

- 1 teaspoon vegetable oil
- 50g lean lamb fillet, cut into strips
- 1 cup of vegetables, chopped (e.g. bok choy, carrot, capsicum, snow peas, mushrooms)
- 90g hokkien or rice noodles
- 1 tablespoon reduced salt soy sauce
- 1 tablespoon honey

1. Heat oil over high heat in non-stick fry pan or wok.
2. Add lamb and brown.
3. Add vegetables and cook for 3-4 minutes.
4. Cook noodles as per the instructions and combine with honey and soy sauce. Stir over gentle heat until heated through.

Vegetable slice

6-12 
SERVES

Ingredients:

- 6 eggs
- ½ cup milk
- 1 onion, chopped or grated
- 2 carrots, grated
- 2 small zucchinis, grated
- 1 capsicum, seeded and chopped
- 2 sticks celery, chopped
- 1 cup grated cheese
- 1 cup corn kernels
- 2 cups self-raising flour

1. Beat eggs and milk together in a bowl.
2. Add all ingredients and combine well.
3. Pour into greased baking dish and bake at 180°C for 30 minutes or until set in the middle.
4. Cut into slices to serve. It can be eaten hot or cold.



Fish balls

10-12
BALLS



Ingredients:

- 2 potatoes, peeled and chopped
- ½ onion, finely chopped
- 180g canned tuna or salmon in spring water
- ½ medium carrot, peeled and grated
- 1 small zucchini, grated
- 1 egg, lightly beaten
- ¼ cup flour
- 1 tablespoon vegetable oil

1. Cook potato until tender. Drain and mash.
2. Mix together potato, onion, tuna or salmon, carrot, zucchini and egg.
3. Shape the mixture into balls and roll in flour.
4. Heat oil in non-stick frypan over medium heat. Cook fish balls in batches until golden and heated through.

Fruit muffins

12
MUFFINS



Ingredients:

- ¼ cup sugar
- 1 cup milk
- 1 egg
- 2 tablespoons oil
- 2 ripe bananas, mashed
- 1 cups wholemeal self-raising flour
- 1 cup self-raising flour

1. Preheat oven to 180°C and lightly grease a 12-hole muffin tray.
2. In a large bowl mix sugar, milk and oil then stir in bananas.
3. Add flour and mix until just combined. Don't over mix.
4. Spoon mixture into prepared muffin tray and bake in moderate oven for 15-20 minutes.

TIP

Instead of bananas try these other combinations:

- 1 cup grated carrot and ½ cup sultanas
- 1 cup grated or canned apples and 1 teaspoon cinnamon
- 1 cup blueberries (fresh, frozen or canned)
- 1 cup diced, canned peaches (drained)



Apple crumble

Ingredients:

800g can pie apples or 4 stewed apples
 ½ cup wholemeal self-raising flour
 ¼ cup brown sugar

¼ cup coconut
 ¼ cup rolled oats
 3 tablespoons margarine

4-6 
 SERVES

1. Preheat oven to 180°C.
2. Lightly grease a casserole dish. Place apples in dish.
3. Combine flour, sugar, coconut and oats. Rub margarine into the dry ingredients until it looks like breadcrumbs.
4. Sprinkle crumble on top of fruit and bake for 15-20 minutes.

TIP

Try different fruits or fruit combinations:

- Canned or fresh peaches
- Apple and rhubarb
- Strawberry and rhubarb
- Stewed pears



Cheesy rissoles

Ingredients:

400g lean beef mince
1 onion, grated
1 carrot, grated
1 zucchini, grated
½ cup of mixed peas and corn
3 tablespoons tomato sauce

½ cup grated cheddar cheese
2 tablespoons plain flour
1 egg
½ cup breadcrumbs
2 tablespoons vegetable oil

6-8
SERVES



TIP

Refrigerating the uncooked patties helps to bind the ingredients. However if time is limited, you can skip this step.

1. Combine mince, onion, carrot, zucchini, tomato sauce, cheese, flour and egg in a bowl.
2. Place breadcrumbs in a separate bowl or plate.
3. Divide mince mixture into 8 portions, shape into balls, roll in breadcrumbs, place on baking tray and flatten slightly, cover and refrigerate for 15 minutes.
4. Heat oil in large non-stick frypan over medium heat. Cook the patties in frypan until cooked through (about 5 minutes each side). Drain on absorbent paper.



Chicken, vegetable & pasta soup

Ingredients:

300g skinless chicken breast, chopped
2 tablespoons vegetable oil
1 medium onion, finely chopped
2 celery sticks, chopped
2 carrots, chopped
1 medium potato, chopped

1 medium parsnip, chopped
4 cups chicken stock, salt reduced
1 cup water
½ cup macaroni pasta
⅓ cup grated cheese, to serve

6-12 
SERVES

1. Heat 1 tablespoon of oil in large saucepan and cook chicken until cooked through. Set aside.
2. Heat remaining oil in saucepan over medium heat. Add onion and cook, stirring until soft.
3. Add celery, carrots, potato and parsnip. Cook, stirring occasionally, for 5 minutes.
4. Pour in stock and water, cover and cook, stirring occasionally over medium heat for 25 minutes or until vegetables are tender.
5. Stir in pasta and cook, stirring occasionally, for 10 minutes or until pasta is tender.
6. Stir in chicken and heat through.
7. Serve warm sprinkled with grated cheese.

TIP

When introducing a new food it may take up to 15 times before it is acceptable to the child. Keep trying.

Strawberry yoghurt icy poles

6
ICY POLES



Ingredients:

350g (1 punnet) fresh strawberries washed, tops removed
1 cup vanilla yoghurt

1. Puree strawberries and yoghurt in a blender or food processor until smooth.
2. Pour mixture into icy pole moulds, place in freezer until set.
3. To release an icy pole, hold the mould under warm or hot water until the icy pole gently slides out.

TIP

Try other combinations such as:

- Pouring custard and canned peaches (in natural juice) drained
- Natural yoghurt and canned, drained or fresh mango slices
- Unsweetened pineapple juice and passionfruit pulp

Banana smoothie

3
SERVES



Ingredients:

1 cup milk
½ cup vanilla yoghurt
1 ripe banana, peeled
1 teaspoon honey
½ cup ice cubes - optional

1. Pour all ingredients into a blender.
2. Blend until smooth.

TIP

Replace the ripe banana with:

- ½ cup frozen mixed berries
- ½ cup fresh mango and strawberries

Frozen fruity Kebabs

4
SERVES



Ingredients:

1 kiwifruit, peeled and sliced
4 strawberries, halved
½ cup chopped rockmelon
1 banana, sliced

1. Thread the kiwifruit, strawberries, rockmelon and banana on wooden ice cream or paddle pop sticks.
2. Put sticks on a tray, cover and freeze until firm.

TIP

Tasty served with yoghurt as a dip.

Discretionary foods & drinks



WHAT ARE DISCRETIONARY FOODS?

- ✓ Foods that have high levels of fat, saturated fat, added sugars and/or added salt.
- ✓ Foods that generally have low levels of essential nutrients and are not necessary for a healthy diet.
- ✓ For younger children, up to about 8 years of age, discretionary foods are best avoided or limited to sometimes or in small amounts.
- ✓ Offer young children a variety of nutrient rich foods from the five food groups to meet their energy and nutrient needs required for growth and development.



DISCRETIONARY FOODS



HEALTHY SNACK IDEAS



Fussy eating

TIPS

- Offer healthy, home-prepared meals at regular meal and snack times.
- Keep offering new foods. A new food may need to be offered up to 15 times before it is accepted. Even then, a food may still be genuinely disliked by a child (or adult).
- Don't assume your child will dislike a food.
- Serve new foods with foods they know and like.
- Offer healthy finger foods so children can feed themselves.

Refusing food and fussy eating is normal in young children. It can be one of the ways children try to assert themselves as individuals. By the time children are about 12 months old they do not need special foods and should be eating the same as the family.

HAPPY MEAL TIMES

- Eating as a family is a great way to spend time together. Keeping mealtimes calm and social means children are more likely to enjoy food.
- Avoid distractions, turn off the TV and pack toys away.
- If your child does not eat what is offered, calmly take it away.
- Praise your child when they do try new foods, no matter how small the amount.
- Keep meals simple, so you're less disappointed when food is refused.
- Accept that young children can make a mess at mealtimes. It may help to place a plastic mat under your child's chair.
- Offer words of encouragement but do not argue, bribe or force your child to eat.
- Avoid making negative comments about food or getting angry at your child for not eating.
- Prepare your child for the meal by letting them know five minutes before meals are served.

WHEN TO EAT?

- Young children have small tummies so as a guide offer three small main meals and two or three snacks at regular times each day.
- Offer new foods at the time of day when your child is most relaxed and not too tired.

CHILDREN DECIDE HOW MUCH TO EAT

- Young children know how much food their bodies need.
- Don't force your child to eat as this can get in the way of their natural ability to know when they are hungry and when they are full.
- Your child can decide whether or not to eat and will probably learn to accept most foods offered if alternatives are not provided.
- Children's appetites vary greatly from day to day. Don't worry if your child occasionally does not eat a meal or snack, they are likely to make up for it at the next meal or over the next few days.

GET YOUR CHILD INTERESTED IN FOOD

- Encourage your child to be involved in simple food preparation such as mixing, arranging food on plates or setting the table.
- Involve your child in food shopping. They could pick out a new fruit or vegetable or choose the shape of the pasta.
- Grow herbs, tomatoes or strawberries in pots.
- Talk about food e.g. the different colours, shapes and tastes.
- Read stories that mention food (e.g. The Very Hungry Caterpillar by Eric Carle) and sample some of the foods.

WHAT DO I DO IF MY CHILD WON'T EAT VEGETABLES?



- Grate, finely chop or puree vegetables to add to family foods:
 - add pureed cauliflower to cheese sauce
 - make savoury pancakes using creamed corn
 - add spinach and mushrooms to omelettes
 - add grated carrot and zucchini to muffins.
- Serve vegetables as finger food with a dip like hummus or mashed avocado.
- Give children a choice between two vegetables. Ask if they would like carrot or corn, instead of just asking if they would like carrots.
- Present vegetables in an interesting way such as in the shape of a face or on a kebab.
- Continue to offer a variety of fruit, although fruit will not replace all the nutrition found in vegetables.
- Explain that vegetables will help them stay healthy and strong.

WHAT DO I DO IF MY CHILD WON'T EAT RED MEAT?



- Serve alternatives to meat such as eggs, legumes (baked beans, lentils, and tofu), fish (including canned tuna and salmon) or chicken.
- Serve non-meat foods that contain small amounts of iron such as iron-enriched breakfast cereal, wholemeal products (wholemeal bread, flour, snacks or crackers) and dried fruits.
- Offer meats at lunchtime. Often children are tired at dinner time and won't want to chew the meat.
- Use lean mince as it is easier to chew than pieces of meat.
- Try meals such as spaghetti bolognese, meat loaf or rissoles.
- Slow cooked meats are more tender so try using a slow cooker or making casseroles.
- Add meat to soups.
- Keep meat moist by serving with sauces.
- Explain that meat will help them become strong so they will have lots of energy to play.

Food safety for your family

Washing hands is the easiest and most effective way to stop the spread of disease.

WHEN TO WASH YOUR HANDS

- before preparing food or feeding your baby
- after blowing your nose
- after going to the toilet
- after touching a pet
- after changing a nappy or checking your baby's nappy
- after contact with a sick child

HOW TO WASH YOUR HANDS

- Use soap and warm, running water.
- Rub hands to lather soap on backs of hands, under nails and between fingers for at least 10–15 seconds.
- Dry hands thoroughly.

TEACH YOUR CHILD TO WASH THEIR HANDS

- Have a step stool to help small children reach the sink.
- Have a hand washing song, e.g. Twinkle, Twinkle Little Star to encourage children to rub and lather hands for at least 10–15 seconds.
- Set a good example by washing your hands together and talking about why it is important.

SAFE STORAGE OF FOOD

- Bacteria that cause food poisoning can grow in foods such as meat, poultry, fish, eggs, milk or soy as well as rice, pasta and vegetable dishes.
- It is important to store these foods in the refrigerator.
- Set your refrigerator at 5°C or below.
- Store raw meat, fish and poultry in a container or plastic bag at the bottom of the refrigerator away from cooked and ready to eat foods.
- Rapidly cool cooked food by placing in the refrigerator as soon as it stops steaming.
- All food should be stored according to the directions on the container and should not be used after the expiry date.
- Don't eat food meant to be stored in the fridge if left out for more than two hours.



SAFE FOOD PREPARATION

- Clean all food preparation areas, utensils and chopping boards with warm, soapy water before use, after preparing raw food and before contact with other foods.
- If possible, use different utensils and chopping boards for raw foods and cooked foods.
- Thaw frozen food in the refrigerator or rapidly in the microwave; do not leave on the bench to defrost. If thawing in microwave the food must be cooked straight away.
- Do not refreeze thawed foods.
- Reheat foods quickly and thoroughly so they are steaming.
- Make sure poultry, mince and sausages are cooked right through (no pink flesh or juices) before serving.

TIP Keep fresh foods cold for preschool or while on outings by using an insulated lunch box and frozen drinks or ice pack.

For more information:

Food Standards Australia
New Zealand (FSANZ)

www.foodstandards.gov.au

NSW Food Authority

www.foodauthority.nsw.gov.au

1300 552 406

KEEPING YOUR CHILD SAFE WHEN EATING

- NEVER LEAVE YOUR BABY OR TODDLER UNATTENDED WHILE EATING.
- Test the temperature of food before feeding your child.
- Make sure your child is sitting upright when eating.
- Encourage your child to eat slowly and chew food well.
- Do not force-feed your child or put food in their mouth if they are crying or not ready.
- Avoid giving a young child food that may cause them to choke such as whole nuts, hard or raw vegetables, popcorn or lollies.

For more information:

Learn what to do if your child chokes by attending certified First Aid training, available through St John NSW and Australian Red Cross

St John NSW

www.stjohnnsw.com.au

1300 360 455

Australian Red Cross

www.redcross.org.au/firstaid

1300 367 428

SAFE BOTTLE FEEDING

- It is important that bottles, teats, caps and dummies are cleaned thoroughly to keep them germ free.
- When preparing formula feeds follow the instructions on the container.
- When travelling, carry cooled, boiled water and formula powder separately. Mix only when needed.
- Standing the prepared bottle in warm water is the safest way of heating.
- A microwave shouldn't be used to heat milk as it heats unevenly and may burn your baby's mouth.
- Always check the temperature of the feed by shaking a few drops on the inside of your wrist.
- It is dangerous to prop a bottle with baby and walk away.

Support

If you need more information about breastfeeding, expressing and storing breast milk and preparing formula feeds safely talk to your child health nurse, lactation consultant or contact the Australian Breastfeeding Association.

Healthy for your child, healthy for the environment

To help the environment, try to reduce the amount of packaging and waste from the food you buy:

- ✓ Choose foods with minimal packaging
- ✓ Choose more fruits and vegetables, they come with their own biodegradable packaging i.e. skins
- ✓ Avoid food waste by planning weekly meals and using a shopping list
- ✓ Reuse bags and containers (choose containers that your child likes and can open easily)
- ✓ Choose foods that are produced locally
- ✓ Pack your child a low-waste lunch when going out to playgroup or preschool

TIPS TO PACK A LOW WASTE LUNCH

Instead of:	Try:
Individual cheese/dip with crackers or cheese sticks	A slice of cheese from a family block with wholemeal crackers
Wrapping sandwiches in plastic wrap	Pack sandwiches in an appropriate sized reusable container. Don't forget to check that your child can open the container.
Individual yoghurt portions	Buy a larger tub and portion into smaller containers
Snack-sized packets of crackers, pretzels, biscuits or dried fruit	Buy larger bags and portion into zip-lock bags or containers that can be reused
Buying tetra packs of drinks	Use reusable drink bottles and drink tap water

Cooking tips

METRIC CUP AND SPOON MEASUREMENTS

1 metric cup	250 mL
1 tablespoon	20 mL
1 teaspoon	5 mL
½ teaspoon	2.5 mL
¼ teaspoon	1.25 mL

OVEN TEMPERATURES



Warm	Moderate	Hot	Very hot
150–160	180–190	200–220	230–250
300–325	350–375	400–425	450–475

Note: fan forced ovens may need to be set at lower temperatures – check the instructions.

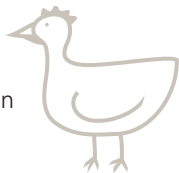
TERMS USED IN COOKING

Term	Description
Dice	Cut into very small cubes.
Fillet	A cut of meat or fish without skin or bones.
Puree	Mixed in a table top blender or with a hand blender to a smooth consistency.
Mash	Mashed with a spoon or fork until only soft lumps remain.
Stir fry	Stir with a small amount of oil over high heat for a short time.
Boil	When bubbles reach the surface and break at a temperature of 100°C.
Simmering	When small bubbles form slowly and collapse below the surface at temperature of 80°C–85°C.

Cooking tips

POACH CHICKEN

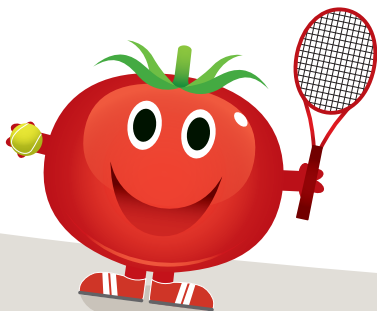
1. Place chicken in a saucepan and just cover with water.
2. Bring to a boil.
3. Reduce heat and simmer until cooked through (about 5-10 minutes, depending on the size).



SKIN TOMATOES

1. Place tomatoes in a heat-proof bowl.
2. Cover the tomatoes with boiling water and allow to stand for 5 minutes.
3. Remove tomatoes from the bowl and allow them to cool.
4. Pierce the skin with a sharp knife.
5. Skin should now peel off easily.

This can also be used to remove the skin of other foods such as peaches, nectarines and apricots.



COOK RICE (ABSORPTION METHOD)

1. Place 1 cup of rice and 2 cups of water in a saucepan.
2. Bring to boil and stir occasionally.
3. Lower the heat and gently simmer, lid on, for 15–20 minutes for white rice or 25–30 minutes for brown rice.
4. Check water level and add more if necessary.
5. Remove from heat, and let stand for 5–10 minutes.

NOTE 1 cup of uncooked rice becomes 3 cups of cooked rice.

COOK PASTA

1. Place 4 cups of water into a large saucepan.
2. Bring water to a boil and add 1½ cups of uncooked pasta.
3. Boil with the lid off until the pasta is just tender (see packet for cooking time).
4. Drain and use.

NOTE 1½ cups of uncooked pasta becomes 3 cups of cooked pasta.

COOK VEGETABLES



Microwave

1. Using a microwave safe container add vegetables and three tablespoons of water. Cover with a lid.
2. Place the container into the microwave.
3. Cook on high for 2–3 minutes, according to microwave instructions, checking every minute until the vegetables are soft or tender.

TIP take care when removing the lid as the escaping steam can cause burns

Steam

1. Place water into a saucepan to about $\frac{1}{3}$ the way up the sides of the saucepan.
2. Insert steamer or steaming pan into saucepan above water.
3. Place vegetables into steamer section and put on lid.
4. Heat saucepan over high heat until water boils and steam rises.
5. Steam vegetables until soft.
6. Check regularly that the water has not evaporated.
7. You may need to add more water during the steaming process. But take care when removing the lid as steam burns.

Boil

1. Place vegetables in saucepan with a small amount of water, bring to boil, then boil gently with the lid on.
2. Check regularly to avoid overcooking and that water is still in the bottom of the pan.
3. Boil until vegetables are soft or tender.



Websites

BREASTFEEDING

Australian Breastfeeding Association
www.breastfeeding.asn.au

Breastfeeding Helpline
1800 mum 2 mum (1800 686 268)

GENERAL NUTRITION AND PHYSICAL ACTIVITY

Eat for Health
www.eatforhealth.gov.au

Healthy Kids
www.healthykids.nsw.gov.au

Special Diets
Children's Hospital Westmead
kidshealth.schn.health.nsw.gov.au/fact-sheets

DENTAL HEALTH

Australian Dental Association (ADA)
www.ada.org.au

FOOD SAFETY

Food Standards Australia New Zealand
www.foodstandards.gov.au

NSW Food Authority
www.foodauthority.nsw.gov.au

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National Health and Medical Research Council 2012 Infant Feeding Guidelines. Canberra: National Health and Medical Research Council.

National Health and Medical Research Council 2013 Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.

THANK-YOU

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