

## **Appendix 2**

### **Healthy Eating Guidelines**

*Taken from Get Up and Grow - Healthy Eating and Physical Activity for Early Childhood. Commonwealth of Australia 2009*

1. Exclusive breastfeeding is recommended, with positive support, for babies up to six Months. Continued breastfeeding is recommended for at least 12 months – and longer if the mother and baby wish.
2. If an infant is not breastfed, is partially breastfed, or if breastfeeding is discontinued, use an infant formula until 12 months of age.
3. Introduce suitable solids at around six months.
4. Make sure that food offered to children is appropriate to the child's age and development, and includes a wide variety of nutritious foods consistent with the Australian Dietary Guidelines and Infant Feeding Guidelines
5. Provide tap water in addition to age-appropriate milk drinks. Infants under the age of six months who are not exclusively breastfed can be offered cooled boiled water in addition to infant formula.
6. Plan mealtimes to be positive, relaxed and social.
7. Encourage children to try different food types and textures in a positive eating environment.
8. Offer an appropriate amount of food, but allow children to decide themselves how much they will actually eat.
9. Offer meals and snacks at regular and predictable intervals.
10. Ensure that food is safely prepared for children to eat – from the preparation stages to consumption.