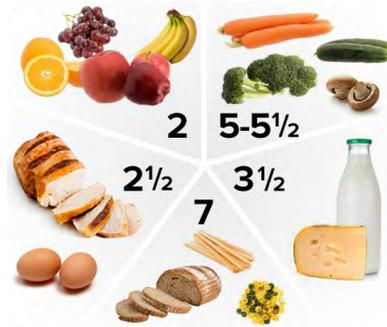


Daily dietary guidelines for children 14-18 years



Teenagers need a **wide variety of healthy foods** from the 5 food groups. How much food teenagers need depends on body size and activity levels.



Teenagers aged 14-18 years should aim for 2 serves of fruit; 5-5½ serves of veges; 3½ serves of dairy; 7 serves of grains; and 2½ serves of lean meats, eggs, nuts, seeds or legumes.



Teens need plenty of **water** – the cheapest, healthiest and most thirst-quenching drink. They need more water on hot or humid days, or if they sweat a lot. Avoid soft drinks, fruit juices, flavoured milk or water, sports drinks, energy drinks, tea and coffee. Children under 18 years shouldn't drink alcohol.

Food groups: daily serves of fruit, vegetables, cereals and grains



Fruit: 1 serve = 1 medium apple, banana, orange or pear; or 2 small plums, kiwi fruits or apricots; or 1 cup diced or canned fruit (no added sugar). Offer 2 serves a day.



Vegetables: 1 serve = ½ a medium potato (or sweet potato or corn); or ½ cup cooked veges (like broccoli, spinach, carrots, pumpkin); or 1 cup green leafy or raw salad veges; or ½ cup cooked, dried or canned beans, legumes or lentils. Offer 5-5½ serves a day.



Cereal and grains: 1 serve = 1 slice of bread; or ½ cup cooked rice, pasta, noodles, quinoa or polenta; or ½ cup porridge; or ⅔ cup wheat cereal flakes; or ¼ cup muesli; or 1 crumpet or small English muffin. Wholegrain is best. Offer 7 serves a day.

Food groups: daily serves of dairy, protein and healthy fats



Dairy: 1 serve = 1 cup (250 ml) pasteurised cow's milk; or 1 cup dairy alternative like soy or rice milk with at least 100 mg of added calcium per 100 ml; or 2 slices cheese; or ¾ cup (200 gm) yoghurt; or ½ cup ricotta cheese. Choose mostly reduced-fat dairy. Offer 3½ serves a day.



Meat, fish, poultry, eggs, nuts, seeds, legumes: 1 serve = 65 gm cooked lean beef, lamb, veal or pork (weekly max. 455 gm); 80 gm cooked lean chicken or turkey; or 100 gm cooked fish fillet; or 170 gm cooked tofu; or 2 large eggs; or 1 cup cooked lentils, chickpeas or canned beans; or 30 gm (1½ tablespoons) peanuts, cashews, sunflower seeds or sesame seeds. Offer 2½ serves a day.



Healthy fats: you can include 2 serves of unsaturated fat in cooking, baking, pastes or dressings. 1 serve = 1-2 teaspoons (5-10 gm) of oil like olive, canola and rice bran oil or margarine made from these oils; 1-2 teaspoons (5-10 gm) of nut or seed pastes; or 1 tablespoon (20 gm) of avocado.

Avoid foods like cakes, biscuits, chips, lollies, processed meats, and fried or takeaway foods. They're high in saturated fat, sugar and salt.