



**LIMIT
'SOMETIMES'
FOODS**

Limit food and drinks high in fat, salt and sugar

Foods, drinks and snacks high in fat, sugar and salt should only be consumed 'sometimes'. Too many 'sometimes' foods replace nutritious foods children need and may lead to health problems.

Tips to help your family limit 'sometimes' foods and enjoy a variety of healthy foods everyday:

- Make tap water the main drink for your family.
- Start healthy foods from a young age and healthy habits will carry on into later life.
- Do not use food as a reward. Instead find fun ways to reward your child.
- Choose alternatives to confectionery and 'sometimes' food fundraisers.
- Select healthy, low fat take-away food options such as grilled fish or a lean meat burger and salad.
- Be a positive role model by making healthy food and drink choices with your child.
- Be patient and keep offering healthy meals and snacks to your children.
- 'Everyday' foods and drinks for the family are vegetables, fruits, whole grain bread and cereals, low fat milk and milk products, lean meat, fish, poultry and legumes, and water.

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