

# The ANH-Intl Food4Kids Guidelines

## 8 food groups every day\*

Presented according to approximate proportion by weight

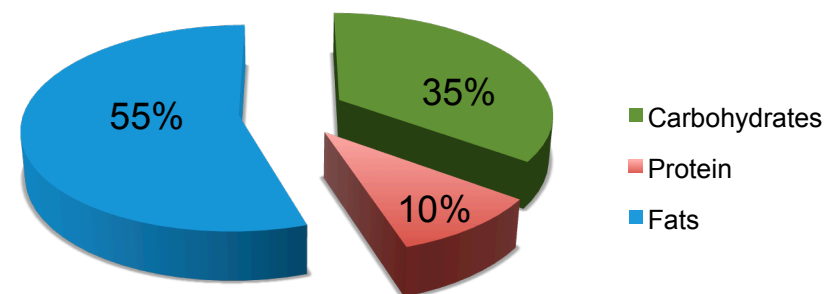


- Non-starchy, multi-coloured veg
- Starchy root veg
- Fruits
- Gluten-free whole grains
- Healthy fats
- High protein sources (animal &/or veg)
- Dairy foods and drinks
- Fresh herbs, spices, supplements

## 10 Food4Kids guidelines\*

1. Macronutrient composition should be approximately 10% protein, 35% carbohydrates and 55% fats by energy contribution daily
2. Eat a 'rainbow' of different coloured vegetables and fruit every day
3. Avoid/minimise 'free' (added) sugars
4. Drink water, not soft drinks or fruit juices
5. Avoid drinks sweetened using non-nutritive sweeteners
6. Avoid all ultra-processed and refined foods
7. All whole grains should be gluten-free
8. Check for dairy intolerance and avoid dairy if intolerant
9. Avoid over-cooking or charring foods
10. Include concentrated nutrients daily

## Daily macronutrient composition Presented according to approximate energy contribution



\* Find out more at: <http://anhinternational.org/2015/10/21/15150>