

The ANH-Intl Food4Kids Guidelines

8 food groups every day*

Presented according to approximate proportion by weight



- 1 Non-starchy, multi-coloured veg
- 2 Starchy root veg
- 3 Fruits
- 4 Gluten-free whole grains
- 5 Healthy fats
- 6 High protein sources (animal &/or veg)
- 7 Dairy foods and drinks
- 8 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

