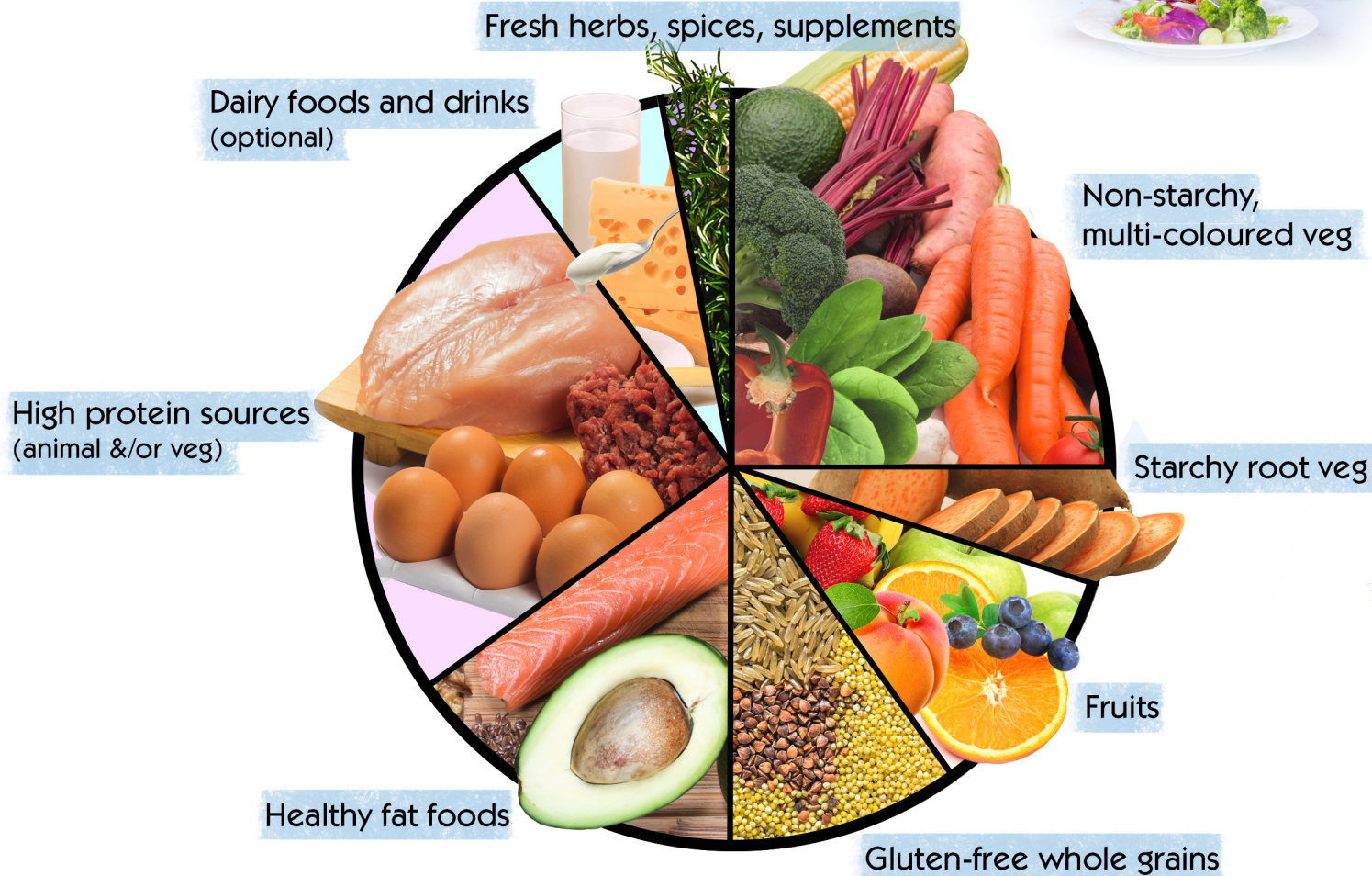


Alliance for Natural Health  
**Food4Kids Guidelines**

**8 food groups every day**

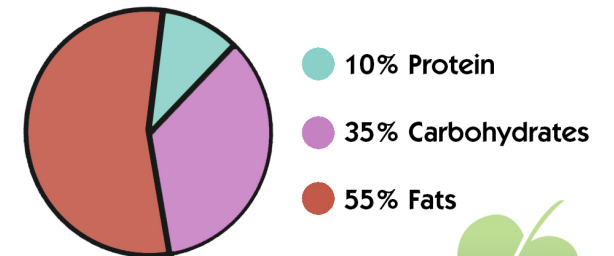


**10 food4kids guidelines**

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>