

# EVERYDAY AND SOMETIMES FOODS

## Fact Sheet

### Everyday foods

#### Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



*Examples:* Bread, cous cous, crumpets, museli, noodles, oats, rice, pasta, polenta, quinoa, wheat flakes, wraps.

*Main nutrients:* Carbohydrates and fibre.

Carbohydrates are the most important energy source for your body. Fibre is essential for digestive health and regulating bowel movements. It also makes people feel fuller for longer, assists in regulating cholesterol and blood sugar levels and can be a preventative factor for some diseases.

#### Vegetables and legumes/beans & Fruit

*Includes* tinned and frozen varieties.



*Main nutrients:* Vitamins and minerals; fibre.

All vegetables provide vitamin C. This vitamin keeps tissues in the body healthy, can help heal wounds, can limit infections and assists in the absorption of iron.

Fruit and vegetables have a range of vitamins and minerals. Due to this diversity, it is important to eat a range of fruits and vegetables – eat the rainbow! These foods can also reduce the risk of some chronic diseases.



#### Milk, yogurt, cheese and/or alternatives



*Examples:*

- Milk – full cream, reduced fat, plain, flavoured, long life, powdered, evaporated, fortified soy.
- Yogurt – full fat, reduced fat, plain, flavoured, fortified soy.
- Cheese

*Main nutrient:* Calcium

An essential nutrient that helps humans build and maintain strong bones and teeth. It also reduces the risk of tooth decay.

*A couple of notes:*

- Reduced fat options are recommended for all, except for children under the age of 2.
- When choosing alternative options – for example, soy milk instead of cow's milk – it is recommended people look for calcium fortified options.

## Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

*Main nutrient: Protein*

Protein is the building block for bones, muscles, cartilage and skin while also helping build and repair tissue. It also assists in carrying oxygen around the body, digesting food and hormone regulation.

Also includes iron and B12 which help oxygen circulate the body and reduces tiredness. Zinc is also found in this food group. Zinc supports a healthy immune system.



### Lean meats

Beef  
Lamb  
Veal  
Pork  
Kangaroo  
Lean sausages



### Poultry

Chicken  
Turkey  
Duck  
Emu  
Goose  
Bush birds



### Seafood

Fish  
Prawns  
Crab  
Lobster  
Mussels  
Scallops  
Clams



### Eggs

Chicken  
Duck



### Legumes/beans

All beans  
Lentils  
Chickpeas  
Split peas  
Tofu



### Nuts & Seeds

Almonds, Pine nuts, Walnuts, Macadamias, Hazelnuts, Cashews, Peanuts, Nut spreads, Pumpkin seeds, Sesame seeds, Sunflower seeds, Brazil nuts

## Sometimes foods

Sugar

High levels of these ingredients are found in these foods. Regular consumption of these foods increases the risk of:

Salt

Cardiovascular disease

Obesity

Type 2 diabetes

Fats & oils

Some cancers

Dental caries

Poor mental health

Examples of foods in this category:



### **A note on processed meats:**

Includes salami, ham, bacon and frankfurts.

These meats have high saturated fats and salt content, making them sometimes choices.

## Eat fewer sometimes foods

Lollies

Fruit

Ice cream

Yogurt or fruit smoothie

Soft drink

Water with fresh fruit & mint

Chips

Cheese on toast OR popcorn OR rice cakes/ corn thins

### **Popcorn hacks:**

Spray with olive oil and add different herbs and spices.

# Sugar

## Natural sugar

refers to sugars naturally present in foods.  
Natural sugars are found in:

Fruits	Milk	Vegetables
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## Added sugar

refers to sugars that are:  
added during the processing period of foods OR  
packaged as sweeteners OR  
found in syrup and honey OR  
found in concentrated fruit and vegetable juices.

The main source of added sugar consumption  
comes from:

Desserts	Baked goods	Sugary drinks
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The recommended amount of added  
sugars for children is:



5 tsp of sugar

To avoid the risks of excess sugar consumption,  
the World Health Organisation (WHO)  
recommends that daily sugar intake for an adult  
of a healthy weight is no more than:

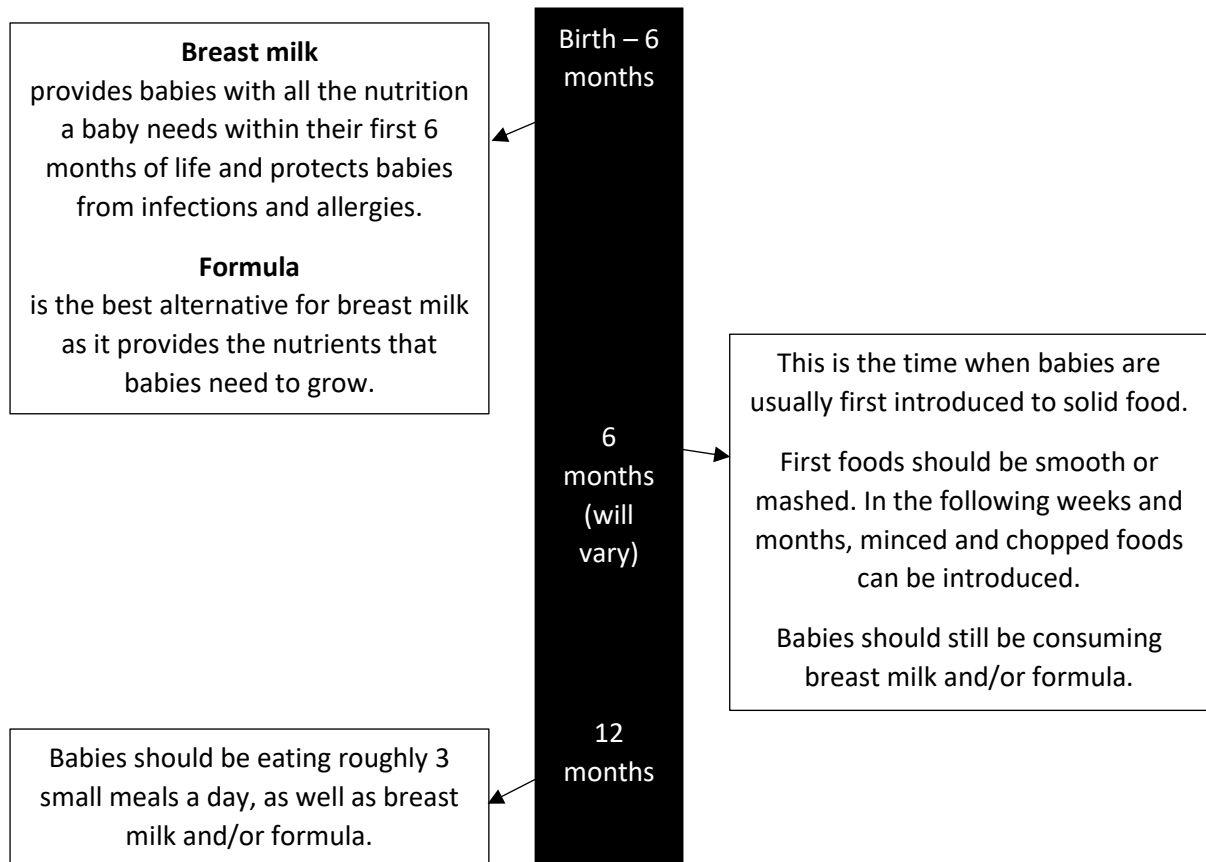


12 tsp of  
sugar =  
51g

## Reliable resources

Topic	Website	URL
Variety of healthy eating topics	Better Health Channel	<a href="https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating">https://www.betterhealth.vic.gov.au/healthyliving/healthy-eating</a>
Healthy eating advice & recipes	Dietitian's Australia	<a href="https://dietitiansaustralia.org.au">https://dietitiansaustralia.org.au</a>
Healthy eating on a budget	No Money, No Time	<a href="https://nomoneynotime.com.au">https://nomoneynotime.com.au</a>
Recipes	Liv lighter	<a href="https://livlighter.com.au">https://livlighter.com.au</a>
	Healthy Food Guide	<a href="https://www.healthyfood.com">https://www.healthyfood.com</a>
Fussy eating & childhood nutrition	Child Feeding Guide	<a href="https://www.childfeedingguide.co.uk">https://www.childfeedingguide.co.uk</a>
Healthy eating for sports	Sports Dietitians Australia	<a href="https://www.sportsdietitians.com.au">https://www.sportsdietitians.com.au</a>

# Food Choices for Babies



Foods that can be introduced to baby	Foods to avoid introducing to baby
<p>Iron-rich foods of the right texture:</p> <ul style="list-style-type: none"> <li>• Minced meat, poultry, fish</li> <li>• Cooked tofu and legumes</li> <li>• Mashed, cooked eggs</li> </ul> <p>Other foods that can be added to the iron-rich foods:</p> <ul style="list-style-type: none"> <li>• <i>Vegetables</i> – cooked pumpkin, potato, carrot, broccoli etc.</li> <li>• <i>Fruit</i> – banana, pear, apple etc.</li> <li>• <i>Grains</i> – oats, bread, rice, pasta</li> <li>• <i>Dairy</i> – full fat yogurt or cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Honey</li> <li>• Raw or runny eggs, including products that contain these type of eggs</li> <li>• Reduced fat dairy foods</li> <li>• Whole nuts and similar hard foods</li> </ul>

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