

Food for health: dietary guidelines for children and adolescents (2003)

Type: Brochure

Description:

This brochure is designed to be an easy reference outlining the basic dietary guidelines for children and adolescents in Australia. It contains the key messages from the 2003 *Dietary guidelines for children and adolescents in Australia incorporating the infant feeding guidelines for health workers* report, and also includes the *Australian guide to healthy eating* (a guide for daily food choices), recommended numbers of serves and descriptions of serving sizes.

When to use this resource:

This easy to read resource could be provided to parents to help them understand the needs of their children. The resource could also be provided to adolescents to help them develop their own good eating habits.

This is not an Indigenous specific resource.



Producer:

National Health and Medical Research Council,
Department of Health and Ageing, Canberra

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