

Choking

- > Children under the age of 4 years can choke on small hard pieces of food
- > Do not give whole nuts, whole grapes, raw carrots, apple, popcorn or lollies



Drinks

- > Plain tap water is a good drink for children over 6 months of age
- > Give your child tap water from a cup after 6 months of age
- > Sit your child up to drink from a cup
- > Plain milk is a good drink for children over 1 year of age
- > Your child needs no more than 500mls of milk a day
- > Give children 1-2 years old full cream milk
- > Give children over 2 years reduced fat milk

For more information

Visit your Child and Family Health Nurse call 1300 733 606

Call the Parent Helpline on 1300 364 100 or visit our website www.cyh.com

Non-English speaking: for information in languages other than English, call the Interpreting and Translating Centre and ask them to call The Department of Health. This service is available at no cost to you, contact (08) 8226 1990.



<http://www.gilf.gov.au/>

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Snacks

for children aged
1 year and over



Easy healthy snack ideas

Offer a range of healthy snacks.
Let children choose.

Breads and cereals



> Wholegrain breakfast cereals



> Wholemeal crackers with avocado, vegemite or cheese



> Cheese sandwich



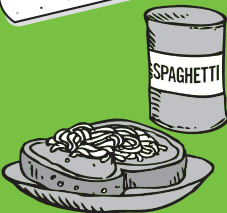
> English muffin with tomato and cheese



> Raisin toast with margarine

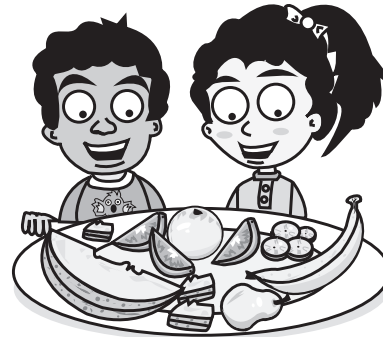


> Flat bread with cheese and salad



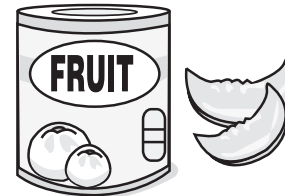
> Tinned spaghetti on toast

Fruit and vegetables



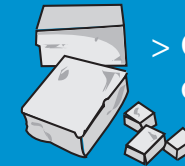
> Pieces of fresh fruit

> Tinned fruit in natural juice



> Pieces of fresh vegetables like snow peas, cucumber strips and tomato with hommus or yoghurt based dip

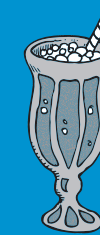
Milk, cheese and yoghurt



> Cheese cubes or slices



> Yoghurt



> Homemade custard or fruit smoothie



Lean meats, fish, chicken, nuts, eggs and legumes



> Hard boiled egg

> Tinned fish on bread



> Baked beans

> Roast beef or chicken sandwich



> Peanut butter on toast

> Talk with your doctor if you are worried about food allergies