

Small changes can make a big difference to the foods and drinks in your early childhood service.

Try swapping some ingredients or meals on your menu for these healthier alternatives, to make the foods and drinks available more nutritious for young children.

Healthier food swaps

Swap these foods...

For these healthier options...

Salami, kabana, Strasburg, Devon or middle bacon



Lean ham



Canned fish in spring water



Sliced chicken or turkey breast

Sausages and sausage mince, frankfurts and hot dogs



Lean burgers



Lean beef or lamb mince



Lean beef

Sausage rolls and pies



Baked beans on toast



Mini pizza faces



Toasted sandwiches

Jelly



Fruit yoghurt



Fruit platter



Canned fruit



Custard

Chips



Plain popcorn



Baked pita wedges

Healthier food swaps

<p>Cakes and sweet biscuits</p>	 <p>Fruit toast with ricotta and berries</p>	 <p>Pikelets</p>	 <p>Wholemeal muffins</p>	
<p>Potato gems</p>	 <p>Jacket potatoes</p>	 <p>Sweet corn</p>	 <p>Falafel</p>	
<p>Ice cream and icy poles</p>	 <p>Frozen fruit pieces</p>	 <p>Fruit smoothies</p>	 <p>Fruit yoghurt</p>	
<p>Juice or cordial</p>	 <p>Water</p>	 <p>Plain milk</p>		
<p>Cream, sour cream or coconut cream</p>	 <p>Evaporated milk</p>	 <p>Ricotta cheese</p>	 <p>Reduced fat coconut milk</p>	 <p>Natural yoghurt</p>
<p>Butter, Copha™, ghee or lard</p>	 <p>Mono- or poly-unsaturated oil and margarine</p>			

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