

Use this table to make sure you offer enough food from each core food group to meet the nutrition needs of 1 – 5 year old children in long day care.

A children's serve refers to the portion of food appropriate for children aged 1–5 years. To be practical in the childcare setting, these serve sizes have been adapted from the serve sizes in the *Australian Dietary Guidelines*<sup>1</sup>.

## Essential foods for long day care menu planning

Food group	Minimum amount per day in care	Minimum children's serve per day in care	Examples of 1 children's serve
<b>Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans</b>	50g raw meat/poultry or equivalent	1 children's serve	<p><i>One children's serve of lean meat, poultry, fish or alternatives is equal to half a serve in the Australian Dietary Guidelines. This is equivalent to:</i></p> <ul style="list-style-type: none"> <li>● 50g raw lean red meat (e.g. beef, lamb, kangaroo), lean pork or poultry without the bone</li> <li>● 30g lean cooked red meat</li> <li>● 40g cooked chicken (skin off)</li> <li>● 60g raw fish or 50g canned or cooked fish</li> <li>● 35g dry weight beans or legumes or 85g (½ cup) cooked or canned (drained) beans or legumes</li> <li>● 15g peanut butter or nuts (if centre policy allows)</li> <li>● 1 egg</li> <li>● 20g dry weight Textured Vegetable Protein (TVP)</li> <li>● 85g tofu</li> <li>● 60g hummus</li> </ul>
<b>Fruit</b>	75g fruit	1 children's serve	<p><i>One children's serve of fruit is equal to half a serve in the Australian Dietary Guidelines. This is equivalent to:</i></p> <ul style="list-style-type: none"> <li>● 75g fresh fruit* (1 small piece, ½ medium piece or equivalent amount of 2–3 types)</li> <li>● 75g (½ cup) diced, cooked or canned (drained) fruit</li> <li>● 15g dried fruit<sup>#</sup></li> </ul>
<b>Vegetables and legumes/beans</b>	75–100g vegetables or legumes	1–1½ children's serves	<p><i>One children's serve of vegetables and legumes/beans is equal to one serve in the Australian Dietary Guidelines. This is equivalent to:</i></p> <ul style="list-style-type: none"> <li>● 75g fresh, frozen, canned (drained) or cooked vegetables* (½ cup cooked, 1 cup salad, ½ medium potato)</li> <li>● 30g dry weight beans or legumes or 75g (½ cup) cooked or canned beans or legumes (drained)</li> </ul>

<sup>1</sup> *Australian Dietary Guidelines*, National Health and Medical Research Council, 2013, [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Essential foods for long day care menu planning

<b>Milk, yoghurt, cheese and/or alternatives</b>	200mL milk or equivalent	2 children's serves	<p><i>One children's serve of milk, yoghurt, cheese and/or alternatives is equal to just under half a serve in the Australian Dietary Guidelines. This is equivalent to:</i></p> <ul style="list-style-type: none"> <li>● 100mL milk/calcium fortified soy or rice drink</li> <li>● 50mL evaporated milk</li> <li>● 15g milk powder</li> <li>● 100mL custard</li> <li>● 80g yoghurt/calcium fortified soy yoghurt</li> <li>● 15g hard cheese (1 slice), 50g ricotta cheese</li> </ul>
<b>Grain (cereal) foods</b>	2 slices bread or equivalent	2 children's serves	<p><i>One children's serve of grain (cereal) foods is equal to one serve in the Australian Dietary Guidelines. This is equivalent to:</i></p> <ul style="list-style-type: none"> <li>● 40g bread (1 slice, ½ medium roll or flatbread)</li> <li>● 1 crumpet or small English muffin</li> <li>● 30g breakfast cereal (⅔ cup), 2 Weetbix™ or similar, ¼ cup muesli or porridge</li> <li>● 30g dry weight rice, pasta, noodles, couscous, barley, buckwheat, semolina, cornmeal, quinoa, polenta (½ cup cooked)</li> <li>● 30g flour (¼ cup)</li> <li>● 35g crispbread (3–4 cracker biscuits or crispbread, 3 thick rice cakes, 6 thin rice cakes or corn thins, 12 plain rice crackers)</li> </ul>

\* Some hard fruit and vegetables may need to be cooked, mashed, grated or very finely sliced.

# Dried fruit leaves a sticky residue on teeth and can contribute to tooth decay. If included on the menu it should only be offered once per week.

To receive this document in an accessible format phone 1300 22 52 88 or email [heas@nutritionaustralia.org](mailto:heas@nutritionaustralia.org)

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