

The 5 Food Groups

Vegetables and Legumes/ Beans

Vegetables, legumes and beans provide Nippers with important vitamins and minerals required for growth and development. They also help you cope with the demands of training and competition. Vegies can sometimes be forgotten or avoided, but should be included daily. Be adventurous, try carrot or celery sticks with hommus for a snack, vegie rice paper rolls or stuffed capsicum.



Fruit



A range of different fruits are grown in Australia, so choosing fruits in season will ensure better quality. Including a variety of different colour fruits will provide a range of important nutrients. It also provides a healthy source of energy for active Nippers and should be consumed every day. Fruit is a great snack before afternoon training or could be included with yoghurt at the end of carnival day. Whole fruit is better than juice, which should be only used in small quantities.

Lean meat & poultry, fish, eggs, tofu, nuts & seeds

Nippers should eat a variety of lean meat, poultry, fish, eggs, tofu, nuts, seeds, legumes and beans to ensure important nutrients including protein, iron, zinc and B vitamins are consumed. Including quality protein choices will optimise growth and development and support the demands of training and competition.



Grain (cereal) foods, mostly wholegrain



Grain foods include breakfast cereals, oats, bread, wraps, pasta, rice, noodles and quinoa. Wholegrain choices are best as they are a rich source of B group vitamins and iron which are important for active nippers. Your intake of grain foods should be adjusted according to your exercise level. Less processed options are best and be careful with sugary or fatty options.

Milk, yoghurt, cheese &/or alternatives

Consuming milk, yoghurt, cheese and/or their alternatives provides important nutrients including calcium and protein. Nippers should go for reduced fat options when consuming milk, yoghurt and cheese. Calcium is important for normal bone development and maintenance.



Children & Adolescents (years)	Vegetables and legumes	Fruit	Grains (cereal)	Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans	Milk, yoghurt, cheese, & alternatives	Allowance for additional serves from any food group
Girls 9-11	5	2	4	2.5	3	0-3
Girls 12-13	5	2	5	2.5	3.5	0-2.5
Girls 14-18	5	2	7	2.5	3.5	0-2.5
Boys 11-9	5	2	5	2.5	2 ½	0-3
Boys 12-13	5.5	2	6	2.5	2.5	0-3
Boys 14-18	5.5	2	7	2.5	2.5	0-5