

TEN POINT DIETARY GUIDELINES

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1. Include a variety of fibre containing & antioxidant rich foods

Examples

- Fruits
 - ▶ Berries, grapes, citrus, tropical fruits, tomatoes
- Vegetables
 - ▶ Dark green leafy: cabbage, spinach, broccoli
 - ▶ Orange-yellow: carrots, capsicum, pumpkin
 - ▶ Garlic, onions, shallots
- Legumes (beans)
 - ▶ Lentils, chickpeas, kidney, soya, broad, mung, lima, borlotti and baked beans

2. Include a moderate amount of food that contains fibre-containing starch

Examples

- Vegetables
 - ▶ Starchy: potato, sweet potato, corn, peas
- Wholemeal grains
 - ▶ Wholegrain breads, wholemeal pasta, brown rice, high fibre cereals such as oats

3. Include a moderate amount of foods that contain mono & polyunsaturated fatty acids without trans fatty acids

Examples

- Monosaturated
 - ▶ Oils such as olive, canola and macadamia nut
 - ▶ Avocado
 - ▶ Nuts such as almonds, pecans, cashews, macadamias, pistachios (NOT recommended for children under 5)
 - ▶ Nut spreads
- Omega-3-polyunsaturated fats
 - ▶ Linseeds
- Omega-6-polyunsaturated fats
 - ▶ Oils such as sunflower, safflower, corn or rapeseed
 - ▶ Seeds such as sunflower, sesame or pumpkin

4. Include a variety of protein containing foods

Examples

- Seafood
 - ▶ Fish such as cod, tuna, salmon, mackerel, shellfish
- Meats
 - ▶ Veal, venison
- Poultry
 - ▶ Chicken (skin free), turkey
- Dairy
 - ▶ White cheese, low fat milk & yoghurt, whey
- Eggs
- Legumes (beans)
- Soya products
 - ▶ Tofu, tempeh, miso, yoghurt, burgers, soy milk

5. Encourage water as a drink

- Alcohol is not recommended for children and adolescents

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6. Minimise intake of refined carbohydrates foods & drinks (that contain processed sugars & starches)

Examples

- Cakes, biscuits, pastries
- Lollies, chocolates
- Soft drinks, cola drinks, processed fruit drinks
- Cordials
- Ice-blocks, ice-creams
- Flavoured milk

7. Minimise intake of saturated fats

Examples

- Fats
 - ▶ Butter, cream, cheese, mayonnaise, margarine, dripping, lard, suet, copha
- Meats
 - ▶ Sausages, fatty mince
- Processed/deli meats
 - ▶ Frankfurters, salami, ham, bacon, Devon, luncheon meats
- High-fat take-away foods
 - ▶ Fish & chips, fast food burgers, hot dogs, pies, sausage rolls, Chiko rolls, crisps
- High-fat snack packs
 - ▶ Cakes, biscuits, chocolates, pastries
 - ▶ Crisps & extruded cheese snacks

8. Minimise intake of fried foods

9. Minimise intake of salt enriched foods (i.e. high salt processed foods)

Examples

- Snack packs
 - ▶ Potato crisps, Twisties, pretzels, salted nuts
- Savoury biscuits
 - ▶ Salted crackers
- Take-away
 - ▶ Chips, hamburgers, pizza, pies, sausage rolls
- Condiments
 - ▶ Salt added at the table or in home cooking
 - ▶ Sauces, stock cubes, packet soups
- Processed meats
 - ▶ Ham, bacon, salami, sausages

10. Minimise intake of additive enriched foods (i.e. artificial flavours, colours, emulsifiers & preservatives)