



A Word About Nutrition

There are more opinions, myths, and misconceptions about what constitutes a healthy, balanced diet for children than any other area of food politics. Fortunately, Little Tummy Tucker's meals are compliant with the Queensland and NSW Department of Community Services nutritional requirements, which in turn ensures that your Centre is compliant. You can see a table of these requirements on the bottom of this page .

In addition to these basic requirements, Little Tummy Tucker aims to provide low-allergy meals. Our menus are planned to avoid binding agents such as lactates, wheat starches and TVPs (textured vegetable proteins) wherever possible. If necessary, meals can be provided for children with specific dietary needs, such as lactose intolerance. We can also include organic ingredients, vegetarian and halal foods.

Nutrition requirements of children in long day care centres

Recommended Dietary Intakes (RDIs) are the amounts of nutrients which will meet the daily requirements of most children. It is recommended that at least 50% of the RDIs for all nutrients be met for children in long day care (8 hours or more). The following table shows the minimum number of serves from each food group needed to achieve this level.

Food Group and Serve Sizes	Minimum No. of Serves During Child Care Hours	Comment
BREADS & CEREALS 1 serve = 1 slice bread or 1/2 cup breakfast cereal or 1/3 cup cooked rice or 1/2 cup cooked pasta	2	<ul style="list-style-type: none"> preferably wholemeal include a variety of breads e.g loaf, pita, Lebanese, fruit loaf
DAIRY FOODS 1 serve = 100ml milk or 15g cheese or 100g yoghurt	3	<ul style="list-style-type: none"> use full cream products try serving milk for morning and afternoon tea
MEAT AND MEAT ALTERNATIVES 1 serve = 45g red or white meat or 1/3 cup cooked legumes (baked beans, lentils, chickpeas) or 1 egg	1	<ul style="list-style-type: none"> meat is an important source of iron
FRUIT 1 serve = 1 med. size piece of fruit or 1/2 cup tinned fruit	1	<ul style="list-style-type: none"> preferably serve fresh fruit rather than juice
VEGETABLES 1 serve = 1/2 cup vegetables or 1 cup salad	1	<ul style="list-style-type: none"> serve a wide variety of vegetables

