



Dietary Assessment & Education for CHILDREN (aged 4-11): Tool 1 HEC Healthy Eating Pyramid

The HEC pyramid was developed by **HEC nutrition experts** in 2001. It is based on dietary recommendations made in the Mediterranean & Asian pyramids, the CSIRO 12345+ food plan and the Australian Guide to Healthy Eating.

- It can be used as a quick guide to assessing nutritional adequacy and excesses of your **"usual" food intake**.
- It can also be used as a dietary assessment and education tool by doctors and dietitians in clinical practice.
- If a child consumes **all the servings in this pyramid** and has a **high weekly food variety score (tool 2)** they are having a **nutritionally adequate** diet and an adequate amount of **'protective' foods** associated with good health and development.

Instructions: How many times a month, week or day would the child be having ONE SERVING of the following foods?

- Every time the child achieves the serving size for each food category (see next page for serving sizes), shade in the appropriate box within the pyramid. **Please note that box sizes may not necessarily correspond with food amounts.**
- If all the boxes are shaded within the food category, then use the boxes extending outside the pyramid.
- If the child only has half a serve, shade only half the box.

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How many servings a **MONTH** would the child usually have of:

Monthly

Weekly

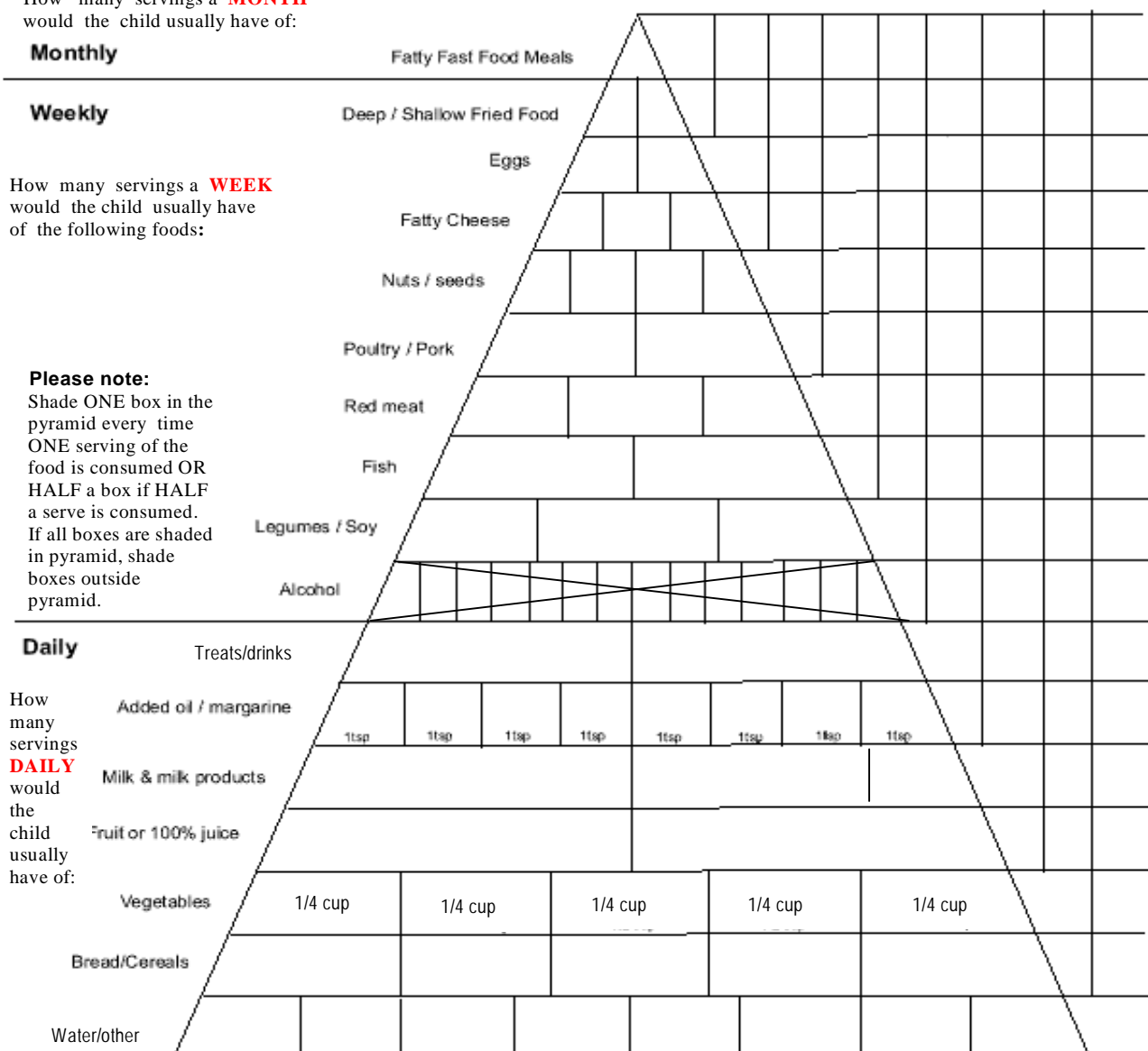
How many servings a **WEEK** would the child usually have of the following foods:

Please note:

Shade ONE box in the pyramid every time ONE serving of the food is consumed OR HALF a box if HALF a serve is consumed. If all boxes are shaded in pyramid, shade boxes outside pyramid.

Daily

How many servings **DAILY** would the child usually have of:





Examples of **ONE** serving: **CHILDREN (aged 4-11)**: (Copyright 2001, <http://www.healthyeatingclub.com>)
 (Serving sizes adapted from CSIRO 12345+ food & nutrition plan and Australian Guide to Healthy Eating)

Fatty fast food meals	Meat pizzas (several pieces); meat pie, sausage roll, pastie, chiko roll; fried chicken (pieces/ nuggets); hamburgers (from fast food outlets); hot dog/sausage meal; battered fish (eat batter)
Deep/shallow fried food (home/restaurant):	Potato chips/french fries; deep fried vegetables (e.g. tempura); fried dim sims; fried vegetarian patties, spring rolls, nachos, falafel etc; deep fried flour coated tofu; fried meat/chicken/fish e.g. meat balls, schnitzel, sweet-sour pork, calamari (* stir fried foods are not included in this category)
Eggs (meat alternative)	Avoid till at least one year of age if history of allergies in family. At least 4 eggs/week or daily if desired. 1 serve = 2 small eggs e.g. scrambled, boiled, omelette = 1 serve of meat
Nuts/Seeds (meat alternative)	Whole nuts not suitable for children under 5; avoid nuts (especially peanuts) till at least one year of age if history of allergies in family. Handful nuts or 1-2 tablespoons seeds or 1 tablespoon of peanut butter/other nut spreads or seed spreads (tahini) = 1 serve meat
Fatty Cheese	Fatty cheese can be eaten daily by children under 5 if desired. >20g fat /100g: 40g cheese (just over 1 oz) or 2 cheese 'single slices' or 1/3 cup shredded e.g. tasty cheese, reduced fat tasty cheese, fetta, edam, swiss, regular processed cheese, cream cheese, camembert (cheeses with <20g fat/100g include Devondale 7, ricotta, cottage, extra light singles)
Poultry/Pork (meat alternative) (prefer lean cuts, cut fat/skin):	30g cooked lean chicken, turkey or pork (30g = size of 1 match box); 1 small drumstick. See 'treats' for processed meat, nuggets, chicken loaf = 1 serve meat
Red Meat prefer lean cuts, cut fat/skin	1-3 serves of red meat (or meat alternative) recommended daily; 1 serve for younger children, 2-3 serves for older children; 1 serve = 30g cooked lean beef, lamb, goat, veal (30g = size of 1 match box); 1 small lamb chop or 1 slice roast meat or 2 tablespoons mince. See also 'treats' and 'fatty fast food meals' for sausages, burgers etc.
Fish (meat alternative) (prefer unbattered)	40g cooked, tinned/smoked ; include battered fish here if you remove batter before eating otherwise see 'fatty fast food meals' e.g. 2 fish fingers, half fillet, 2 tablespoons tuna = 1 serve meat.
Legumes (meat alternative)	1/2 cup cooked dried beans (e.g. soup, salad), baked beans, lentils (soup, Dahl), chickpeas (soup, curry); 1 lentil/chickpea patty; 1 soy sausage or tofu/soy burger; 50g tofu/tempeh. See 'milk and milk products' for soy drinks = 1 serve meat
Alcohol	Alcohol is not recommended in any quantities for children.
Treats/drinks	1-2 treats daily (less if child is overweight or inactive). One serve = 1 small glass of soft drink, cordial, fruit juice (see "Fruit"), caffeinated (energy) drinks; 1 medium piece of plain cake or sweet bun; 1 small piece of rich cake or sweet pastry; 3 plain sweet biscuits or 1-2 rich biscuits; 5 medium or 8 small dry biscuits e.g. shapes, snax, ritz; 1 regular scoop ice cream, 1 large scoop low fat soft serve (gelati, colombo, yoghurt); 1 small doughnut; 4 small squares (25g) of chocolate; half a medium (50g) chocolate bar or one fun size bar; 1 small (30g) 'health' bar; 5 toffees/ lollies; 2 tablespoons sugar; 30g potato crisps/twisties etc; 1 slice fatty processed meat e.g. salami, mortadella, strassburg; 2 slices processed meat e.g. ham, chicken roll, corned beef; 2 tablespoons regular cream or mayonnaise
Added margarine or oil	4-8 teaspoons of added margarine/oil recommended daily (less for younger, inactive or overweight child) as long as hidden fats are kept to a minimum e.g. crisps, pastries, fried foods, cakes, biscuits
Milk & Milk Products	2.5 serves daily ; reduced fat milk products not recommended for children aged under 5; encourage reduced fat types thereafter; 500-600 ml of milk recommended daily or equivalent in calcium rich foods. 1 serve of following provides 300mg calcium = 1 cup (250ml) cow's/goat's milk or calcium fortified soy drinks; 1 cup custard; 200g yoghurt / fruche (plain or fruit); 1/2 cup evaporated milk unsweetened; 40g cheese/2 cheese 'single slices' (can be >20g/100g fat for children aged >5 see 'Fatty cheese'); cottage/ricotta/cream cheese are low in calcium so can't be counted as milk product serve.
Fruit or 100% juice	2 fruits daily (one fruit for younger child); 1 medium sized fruit e.g. apple, pear etc; 2 smaller sized fruit e.g. apricot, kiwi, figs, 1/4 medium melon; *4-6 pieces dried fruit (dates, figs, prunes, apricots); *2 tablespoons sultanas/raisins, etc. *1 cup diced pieces of canned fruit; 125ml glass pure juice (* only 1 serve/day can count as a fruit serve, include additional serves in 'treats' section)
Vegetables	About 1 cup daily (more for the older child); 1/4 cup of any vegetable or a mixture of vegetables/salad; 1 small potato the size of an egg.
Bread/Cereals (prefer wholegrain)	At least 5 serves daily (extra servings for older or more active child); 1 thick slice of bread or 1 small roll or 1/4 large pita bread or 1/2 small; 3 crispbreads e.g. ryvita, vita-weat (see also 'treats'); 1 cup cooked rice, noodles, pasta/spaghetti, cornmeal, couscous or semolina; 1/2 cup natural muesli; 1 cup breakfast cereal or 2 wheat biscuits or 1 reduced fat breakfast bar; 1 cup cooked porridge
Water/other	1 glass water; caffeine containing beverages like tea, cocoa, cola or coffee flavoured drinks need to be avoided/restricted in children.

