



AMERICANA CHINESE INTERNATIONAL SCHOOL

HEALTH BULLETIN

Promoting Healthy Eating 1

15th October 2019

-Family Meals and Snacks

It is well recognized that a healthy diet not only promotes the health of children but also prevents future problems of obesity, heart diseases, diabetes, and many other chronic diseases. To help our children grow healthily, ACIS encourage parents and guardians to take efforts to provide healthy meals and snacks at home.

Healthy Meals and Snacks

- lean meat, fish, poultry and/or alternatives
- protein—lean meats, legumes, tofu, and nuts
- low-fat dairy foods such as milk and yogurt
- fruits, vegetables and 100% juice
- grains such as bread, cereal, crackers and popcorn
- lean meat, fish, poultry and/or alternatives

Foods to Limit

- sweet biscuits, cakes and desserts
- processed meats and sausages
- ice-cream, confectionery and chocolate
- meat pies and other pastries
- commercial burgers, pizza, hot chips, and fried foods
- crisps and other fatty and/or salty snacks
- cream and butter
- sugar-sweetened cordials and soft drinks