



HEALTHY EATING CHECKLIST



WESTS TIGERS
FOUNDATION
EST. 2018

NAME: _____

AGE: _____

HEALTHY EATING GUIDE	MON	TUE	WED	THU	FRI	SAT	SUN
8 hours of sleep maintained							
Eat breakfast within 2 hours of waking up							
Consume 2 serves of fruit							
Consume 5 serves of vegetables							
Cereal foods - mostly wholegrain and/or high cereal fibre varieties							
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans							
Drink adequate amount of water (see water recommendations below)							
Milk, yoghurt, cheese and/or alternatives, mostly reduced fat							
Min 30min exercise a day (Adults) Min 60min exercise a day (Ages 5-17)							

Desired Daily Water Intake (About 2 in 3 children drink 4 or more cups of water daily)

Girls and boys aged 4–8 years 1.2 litres (about 5 cups)

Boys aged 9–13 years 1.6 litres (about 6 cups)

Girls aged 9–13 years 1.4 litres (about 5–6 cups)

Boys aged 14–18 years 1.9 litres (about 7–8 cups)

Girls aged 14–18 years 1.6 litres (about 6 cups)

www.health.nsw.gov.au/hsnsw/Publications/chief-health-officers-report-2017.pdf

www.health.nsw.gov.au/heal/Pages/healthy-eating.aspx