



POLICY STATEMENT

Healthy Eating Policy

Star-Mites Gym Sports Pty Ltd

Policy Name:	Healthy Eating Policy
Date of Issue:	25.09.2017
Date of review:	14.01.2024
Policy Coverage:	All management, Athletes, Members & Staff
Controlling Body:	Star-Mites Gym Sports Pty Ltd-Directors

Healthy Eating

Star-Mites Gym Sports promotes a healthy lifestyle through exercise, social enjoyment, and a healthy diet. It recognises that healthy eating is critical in children's physical and mental development and their performance abilities.

The Club acknowledges the importance of good nutrition for sports performance by promoting good nutrition and healthy eating messages:

- Healthy food choices will be available at all events where food is available
- Ensure that all food is stored and prepared according to guidelines
- Promote balanced nutrition and discourage 'dieting'.

Definition

Healthy eating: eating appropriate portions of a variety of foods within the five food groups and avoiding foods that contain too much-added fat, salt and sugar.

A diet consistent with the Australian Guide to Healthy Eating recommends that people consume various foods across and within the five food groups and avoid foods that contain too much added fat, salt, and sugar. The Guide aims to promote healthy eating habits throughout life, which will assist in reducing the risk of health problems in later life, such as heart disease, obesity, and Type 2 Diabetes.

The Guide aims to encourage the consumption of various foods from each of the five food groups daily in proportions consistent with the Dietary Guidelines for Australians.

The five food groups are:

- Bread, cereals, rice, pasta, noodles.
- Vegetables, legumes.
- Fruit.
- Milk, yogurt, cheese.
- Meat, fish, poultry, eggs, nuts, legumes.

Star-Mites Gym Sports can be crucial in ensuring children eat well and stay active. Bread and cereals should contain small amounts of unsaturated fats and oils. Still, additional fats and foods such as cakes, biscuits, hot chips, and sugary drinks should be consumed only occasionally.

The Dietary Guidelines for Children and Adolescents (2003) are:

- Children and adolescents need sufficient nutritious foods to grow and develop normally.
- Growth should be checked regularly for young children.
- Physical activity is vital for all children and adolescents.
- Enjoy a wide variety of nutritious foods.

Children and adolescents should be encouraged to:

- Eat plenty of vegetables, legumes and fruits.
- Eat plenty of cereals (including bread, rice, pasta and noodles), preferably wholegrain.

- Include lean meat, fish, poultry and alternatives.
- Include milk, yoghurts, cheese and alternatives. Reduced.
- Choose water as a drink.

Care should be taken to:

- Limit saturated fat and moderate total fat intake.
- Choose foods low in salt.
- Consume only moderate amounts of sugars and foods containing added sugars.
- Care for your child's food.
- Prepare and store food safely.