



POLICY STATEMENT

Healthy Eating Policy



Star-Mites Gym Sports Pty Ltd –SMCD

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

Healthy Eating

Star-Mites Gym Sports & SMCAD promotes an overall healthy lifestyle through exercise, social enjoyment and a healthy diet. Star-Mites Gym Sports & SMCAD recognises that healthy eating plays a critical role in the physical and mental development of children and in the performance abilities of children and adults.

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 people consume a variety of 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 a variety of foods from each of the five food groups every day in proportions that are consistent with the Dietary Guidelines for Australians.

The five foods groups are:

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

Star-Mites Gym Sports & SMCAD can play an important role in ensuring children eat well and stay active. It is expected that small amounts of unsaturated fats and oils will be consumed with breads and cereals but 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 important 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 breads, rice, pasta and noodles), preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives.
- Include milks, yoghurts, cheese and/or 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.