

Fuel to Go & Play – Nutrition Tips Social Media Kit

Feel free to use some of these social media tiles and associated captions to promote healthy eating messages to your members so they have the Fuel to Go & Play!



Remember to tag us @fueltogoandplay

Social Media Tiles

Images are available via the zip file link on our website!

Contact Personal

Lochie Clark | Project Officer Community Nutrition Services/Fuel to Go & Play.
Telephone: 08 9264 4729
Email: lachlan.clark@education.wa.edu.au

Contact the Fuel to Go & Play® team
08 9264 4999 | fueltogo@education.wa.edu.au
  @fueltogoandplay



Suggested copy (Facebook and Instagram)

Grain foods include breads, pasta, cereals, and rice and are high in carbohydrates which give our muscles and brain the energy to perform at our best!

Prioritise wholegrain varieties on non-game days.

Swipe across for:

- What is a serve of grains?
- How many serves you need to fuel your day?
- How to add this food group to your day!

Tiles (download from Dropbox link on first page)

Grains

Grains are our main source of energy throughout the day. We need them to fuel our bodies to go and play! They also give us fibre to keep our tummies happy and fuller for longer.

Swipe across to learn about serve sizes!

What does a serve look like?

1/2 cup of cooked rice or something (25 g)

1/4 cup of macchi

1/2 cup of cooked spaghetti

1 slice of bread (20 g) OR 1/2 a medium loaf (100 g)

2 compressed (20 g)

Fab Fact! Wholegrain, wholemeal and brown grains (pasta) are healthy ways to fibre!

Daily serve guide

Grains

Age	Boys	Girls
4-8	4	4
9-11	5	4
12-14	6	5
15-18	7	7
Age	Men	Women
19-24	6	6
25-29	6	6
30+	4½	5

Putting it all together

Breakfast 1 slice of toast with fruit or 1 cup of cereal with milk

Lunch 2 slices of toast with butter and jam

Dinner 1 slice of toast with jam

Snacks 1 slice of toast with jam or 1 cup of cereal with milk

After dinner snack 1 slice of toast with jam or 1 cup of cereal with milk

7 serves/day

For more information

Fuel your body

Download our Fuel your Body booklet!

*Just in time!

Fruit

We all know what a fruit is, but are you reaching for your 2 a day?

Swipe across to discover:

- what is a serve?
- how to add this food group to your day!

Fruit

Fruits are more than just a fresh, sweet treat! They have lots of great nutrients that help your body stay healthy and energised!

Swipe across to learn about serve sizes!

What does a serve look like?

One serve is **150 g**

30 g dried fruit, no added sugar

1 fresh piece of fruit

1 cup mixed fruit in juice

100 mL juice, no added sugar

Top Tip! Fresh smoothies are a yummy treat or after school snack option!

2 small pieces of fruit

Daily serve guide

Fruit

Age	Boys	Girls
4-8	1½	1½
9-11	2	2
12-14	2	2
Age	Men	Women
19-24	2	2
25-29	2	2
30+	2	2

Putting it all together

Breakfast 1 slice of toast with fruit or 1 cup of cereal with milk

Lunch 1 slice of toast with jam and fruit

Dinner 1 slice of toast with jam

Snacks 1 slice of toast with jam or 1 cup of cereal with milk

After dinner snack 1 slice of toast with jam or 1 cup of cereal with milk

2 serves/day

For more information

Fuel your body

Download our Fuel your Body booklet!

*Just in time!

Milk, yoghurt, cheese and/or alternatives

This food group is high in calcium and protein important nutrients for active juniors to grow strong, healthy bodies! And one of the best ways to get enough of these nutrients is to eat plenty of foods from the dairy and alternatives food group.

Swipe across to discover:

- what is a serve?
- how many serves do active juniors need every day?
- how to add this food group to your day!

What's a serve?

Milk, yoghurt, cheese and/or their alternatives

This food group is full of many important nutrients, including calcium, which helps you to grow strong bones!

Swipe across to learn about serve sizes!

What does a serve look like?

Fun Fact! Calcium is not only important for strong bones. It keeps your teeth, hair, and nails healthy and strong!

Daily serve guide

Milk, yoghurt, cheese and/or their alternatives

Age	Boys	Girls
4-6	2	1.5
6-11	2.5	2
12-18	3.5	3.5
19-30	3.5	3.5
31-50	2.5	2.5
51-70	2.5	2

Putting it all together

Breakfast: cereal or yoghurt with fresh fruit

Lunch: chicken or cheese salad

Dinner: chicken or beef, vegetable and potato

Snacks: yoghurt with fruit

After dinner snack: Greek yoghurt, granola with peanut butter and fruit

3 1/2 serves/day

For more information

Download our Fuel your Body booklet!

link in bio

Building strong muscles requires eating a wide variety of foods everyday. Foods such as lean red meats, fish, chicken, eggs as well as legumes and beans, contain the building blocks our muscles need to build and repair so that you can be strong to go & play!

Swipe across to discover:

- what is a serve of lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans?
 - how many serves do you need everyday?
 - how to add these foods to your day!
- [#fuelup](#) [#fueルトogoandplay](#) [#protein](#)
[#strongmuscles](#) [#muscles](#)

What's a serve?

Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

These foods are rich in protein, a nutrient that helps to build and repair our muscles so that we can be strong to go & play!

Swipe across to learn about serve sizes!

What does a serve look like?

Top Tip! Use the palm of your hand as a guide for the serve size of red meat!

Daily serve guide

Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Age	Boys	Girls
4-6	1.5	1.5
6-11	2.5	2.5
12-18	2.5	2.5
19-30	2	2.5
31-50	2.5	2
51-70	2.5	2

Putting it all together

Breakfast: lean beef or lamb, fresh vegetables and whole grain cereal

Lunch: chicken or cheese salad

Dinner: beef and veg

Snacks: nuts with yogurt

After dinner snack: Greek yoghurt with peanut butter

2 1/2 serves/day

For more information

Download our Fuel your Body booklet!

link in bio

We get it, trying to get 5 serves of vegetables in can be a challenge. Our top tip is to try and eat the rainbow and start with five different colour vegetables/day!

Swipe across for:

- what is a serve of veg?
- how many serves do you need everyday?
- how to get variety and colour in your day!

The number of recommended serves differs for each of us. Check out the post to find out what is a serve and how many to aim for each day!

What's a serve?

Vegetables



Eating a variety of colourful vegetables is a great way to give your body all of the different vitamins and minerals it needs to function and grow

Swipe across to learn about serve sizes!

What does a serve look like?



One serve is 75 g

Daily serve guide

Vegetables

Age	Boys	Girls
4-6	4 1/2	4 1/2
6-7	5	5
8-10	5 1/2	5

Age	Men	Women
19-30	6	5
31-50	5 1/2	5
51+	5	5

Putting it all together

Breakfast
1/2 cup cooked vegetables + 1/2 cup

Lunch
1/2 cup cooked vegetables + 1/2 cup

Dinner
1/2 cup cooked vegetables + 1/2 cup

Snacks
1/2 cup cooked vegetables + 1/2 cup

5 serves/day

For more information



Download our Feel your Body booklet!