



## Dr Leila Masson

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### **Daily Healthy Food Checklist:** **Whole foods, additive free, low sugar, low pesticides**

- 5+ servings of vegetables, including at least 1 serving each of green leafy and cruciferous vegetables (broccoli, kale, cauliflower, cabbage, brussels sprouts, radishes)
- 3+ servings of starchy vegetables or whole grains: for example, oats, buckwheat, quinoa, sweet potato, brown rice, millet
- 2 servings of fruit: organic berries
- Protein: 3 servings of which at least one should be legumes (lentils, chickpeas, beans, tofu)
- 1+ handful of nuts
- Source of omega 3 fatty acids: walnuts, chia seeds, flax seeds, algae oil, small fish
- Drink water – add lemon if you like
- Source of calcium: 2-3 servings of dairy or non-dairy products
- Add fresh herbs and spices: turmeric, coriander, basil, parsley etc.



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### Dairy Free Diet Tips

The main concerns with a dairy free diet are calcium and calories. Calories are easily provided by eating a variety of healthy foods. Below is a table of the calcium requirement for children at different ages.

You can get ensure adequate daily calcium intake by providing:

1. Non-dairy milk alternatives, such as almond, coconut or soy milk (organic, non GMO made from whole soy beans) that are calcium enriched. They contain as much calcium per cup as cow's milk.
2. Nuts and seeds (one handful per day) – nut cheeses, coconut yoghurt for example are tasty dairy alternatives
3. Green leafy vegetables (at least 1 serving daily)
4. Legumes: beans, chickpeas, lentils (at least one serving daily)
5. Keep a food diary for 1-2 days and calculate how much calcium your child is getting per day. If needed you can add a supplement of calcium citrate or calcium chelate – these are available as powders, capsules, or tablets.

Recommended daily intake of calcium	Male	Female
Birth to 6 months:	210mg	210mg
7–12 months:	270mg	270mg
1–3 years:	500mg	500mg
4–8 years:	700mg	700mg
9–11 years:	1000mg	1000mg
12–13 years:	1300mg	1300mg
14–18 years:	1300mg	1300mg

Dairy foods contain a lot of calcium, but given the high number of people who have problems with dairy, such as lactose intolerance and allergies, there are healthier options for them. Here is a list of easily absorbed calcium sources:

- Beans: 370mg in 1 cup of black eyed peas; 191mg white beans
- Dark leafy greens: 95 mg in 1 cup of kale; 74 mg bok choy
- Seaweed: 126 mg in 1 cup
- Sesame seeds: 88mg in 1 tablespoon
- Almonds: 72mg in ¼ cup (20 nuts)

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### Nasty additives to avoid

#### COLOURS

##### Artificial

102 tartrazine	128 red 2G
104 quinoline yellow	129 allura red
107 yellow 2G	132 indigotine, indigo carmine
110 sunset yellow	133 brilliant blue
122 azorubine, carmoisine	142 green S, food green, acid brilliant green
123 amaranth	151 brilliant black
124 ponceau, brilliant scarlet	155 brown, chocolate brown
127 erythrosine	

##### Natural

160b annatto, bixin, norbixin

#### PRESERVATIVES

200-203 sorbic acid, potassium & calcium sorbates  
210-213 benzoic acid, sodium, potassium & calcium benzoates  
220-228 sulphur dioxide, all sulphites, bisulphites, metabisulphites  
249-252 all nitrates & nitrites  
280-283 propionic acid, sodium, potassium & calcium propionates Antioxidants  
310-312 all gallates  
319-321 TBHQ, BHA butylated hydroxyanisole, BHT butylated hydroxytoluene

#### FLAVOUR ENHANCERS

620-625 glutamic acid and all glutamates, MSG monosodium glutamate 627 disodium guanylate  
631 disodium inosinate  
635 ribonucleotides  
Yeast extract, HVP HPP hydrolysed vegetable or plant protein

#### FLAVOURS

Unregulated

ARTIFICIAL SWEETENERS: 951 aspartame (NutraSweet, Equal)