



# The Swiss Nutrition Chart





## **A balanced diet and plenty of exercise**

This Swiss Nutrition Chart provides a summary of the most important messages concerning healthy nutrition and exercise for children aged 4-12.

The Chart contains recommendations for a balanced approach to food and drink. The attitudes of parents and parental figures, and the overall approach to mealtimes, also play an important role: a relaxed atmosphere at the table creates a sense of well-being and enjoyment during mealtimes. Calmness, humour and patience ensure that eating is associated with positive feelings, while criticism or pressure tend to spoil a child's appetite. Inviting children to sample new kinds of food and setting them an example gives an opportunity for different tastes and experiences and provides options when it comes to food choices.

Children are active by nature and love movement. This includes everyday activities and sport, in both cases outdoors if possible. Adequate breaks give children the opportunity to replenish their energy.



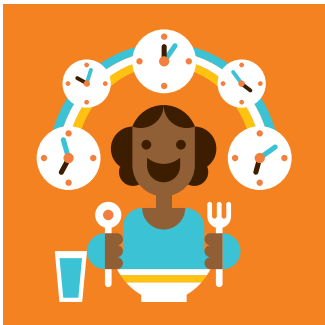
## Drink water

- Water is the No. 1 thirst quencher. 4-5 glasses per day are recommended.
- Water contains zero calories, no sugar and contains no tooth-decaying acids.
- Tap water in Switzerland is clean, healthy and available everywhere.



## Eat vegetables & fruit

- Enjoy fruit and vegetables in different colours, as each vegetable and each fruit contains its own valuable constituents.
- Fruit and vegetables enrich any meal and are delicious at any main meal or as a between-meal snack.
- Opt for regional and seasonal vegetables and fruit whenever possible.



## Eat regularly

- Eating meals at regular intervals during the day helps sustain performance and concentration.
- A balanced breakfast and/or a balanced mid-morning snack gets the day off to an ideal start.
- Mid-morning and mid-afternoon snacks complement main meals and can help prevent constant nibbling.



## Keep it varied

- By offering change and variety in food choices and preparation methods, you can help provide a good supply of nutrients.
- Adults are responsible for choosing and preparing food. Children decide how much of it to eat. Children have a good sense of how hungry or full they are, and adults can rely on that.
- There are no healthy or unhealthy foods— it's all a question of quantity and frequency.



## Enjoying food with all the senses

- Set aside time for meals and eat together as often as possible, as the food tastes better that way.
- Engage in conversation while eating, without the distraction of smartphones, tablets, TV or newspapers, as this will increase enjoyment and pleasure at mealtimes.
- Eating is a sensory experience: what we see, smell, taste, touch and hear can trigger pleasure or aversion. Children are therefore not always open to trying new foods. Patience and trust will be rewarded.