

# Go for variety

for the one-to-fives

| Food group   | Examples   | Quantity   | Key nutrients  | Tips  |
|--|--|--|--|---|
| Potatoes, bread, rice, pasta and other starchy carbohydrates | Bread, breakfast cereals, potatoes, pasta, rice, noodles, chapattis and yams   | At least one serving with each meal and as some snacks   | Carbohydrate<br>B vitamins<br>Fibre  | Small portions of these foods make great snacks<br>Give a mixture of white, brown and wholegrain varieties. Wholegrain includes wholemeal bread and bread products, wholewheat pasta, brown rice, oats and wholegrain breakfast cereals               |
| Fruit and vegetables   | All fresh, frozen and tinned fruit (in natural juice) and vegetables (in unsalted water), and dried fruit  | Aim for 5 'child-sized' portions a day. One portion is about the amount they can fit in the palm of their hand   | Vitamins - especially vitamin C<br>Dark green vegetables provide some iron<br>Fibre  | Dried fruit should be kept to mealtimes only as it has higher concentrations of sugar that can contribute to the development of tooth decay<br>Vegetables can be easily added to soups and stews. Or some children prefer to eat their vegetables raw |
| Milk, cheese and yogurt                                      | Milk, hard cheese, yogurt, fromage frais   | 3 portions of dairy a day: 100-120ml (small glass) milk, 125g (small pot) of yogurt, or 2-3 tablespoons (15g) of grated hard cheese  | Calcium<br>Protein<br>Phosphorus<br>Iodine   | Milk can be used in custard, milk puddings, sauces and soups<br>Try yogurts as a pudding or snack   |
| Beans, pulses, fish, eggs, meat and other proteins           | Meat, poultry (e.g. chicken, turkey), fish (e.g. tuna, fish fingers), eggs, nuts*, seeds, pulses (e.g. peas, baked beans, chickpeas, lentils) and soya products such as tofu | Try to provide 2 servings each day for young children eating meat and fish or 2 or 3 servings of a variety of alternative protein sources each day for vegetarian young children | Protein<br>Iron (especially red meat and liver**)<br>Other important vitamins and minerals including zinc and vitamin B <sub>6</sub> | Even small amounts of meat or fish are useful to help keep iron levels topped up<br>Lean meat, tinned salmon, tuna, peanut butter*, houmous and eggs all make ideal sandwich fillings   |

## \*Nuts

Safety: children under five should not be given whole nuts because of the risk of inhaling and choking.

Peanut allergy: as long as there is no history of food or other allergies in your family, you can give your toddler peanuts, as long as they are crushed or ground into peanut butter. Otherwise if your child already has a known allergy or there is a history of allergy in your child's immediate family (either parent or sibling) you should speak to your healthcare professional before you give peanuts or foods containing peanuts for the first time.

## \*\*Liver

If you give liver or liver products to your child, they should be given in very small amounts no more than once a week.

