Good food choices and portion sizes for 1-4 year olds
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This resource is provided for information only and individual advice on diet and health should always be sought from appropriate health professionals.

Acknowledgements

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Photo resources

For more information about photo resources for different age groups of children and young people, see the website www.firststepsnutrition.org

First Steps Nutrition Trust

First Steps Nutrition Trust is a charity which provides evidence-based and independent information and support for good nutrition from pre-conception to five years of age.

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Introduction

What is in this guide?
This guide provides a visual resource to support all those who look after and support children aged 1-4 years to eat well. Eating well in the first five years of life is essential for growth and physical and mental development, as well as for a child’s future health. Encouraging good eating habits in the early years will contribute to a lifetime of good food choices.

This good food choices and portion size guide provides some simple ideas for the balance of different meal components that will meet the energy and nutrient needs of children in this age group. Some simple food-based recommendations for each food group are given, followed by photos showing appropriate portion sizes for 1-4 year olds.

Good meal choices, with appropriate portion sizes, for 1-4 year olds can be found in the following resources, produced by First Steps Nutrition Trust:
- Eating well recipe book
- Eating well: Packed lunches for 1-4 year olds
- Eating well: Vegan infants and under-5s.
For more information, see page 6.

How have the portion sizes been calculated?
The portion sizes in this guide have been estimated from balanced menu plans that meet the average energy and nutrient needs of children aged 1-4 years. The portion sizes are average amounts and some children will want to eat more, and some less than this. However, it is useful to have an idea of the sorts of portion sizes that can form the basis of meals for children of this age, bearing in mind that some children may want ‘seconds’ and that children should be allowed to eat healthy food to appetite.

How can this guide be used?
This guide can be used to support catering staff in early years settings where groups of children eat, to help them consider the amounts of foods they cook and serve.

The resource can also be used with families, to help them consider the sorts of foods and amounts of foods that are appropriate for their pre-school children, and the photos may also encourage a wider variety of foods to be offered.

We hope the resource will also help families who may not have English as a first language, to accustom themselves to the names and appearance of common foods served in UK settings.
Scotland
The most recent guidance comes from Scotland. Setting the table: Nutritional guidance and food standards for early years childcare providers in Scotland is available at: http://www.healthscotland.com/uploads/documents/21130-SettingtheTable_1.pdf

England
For England, Voluntary food and drink guidelines for early years settings in England, produced in 2012, can be found at: www.childrensfoodtrust.org.uk.

This includes practical photographic resources showing example meals and snacks that meet current guidance. Seasonal menu plans and recipes can also be downloaded from the same website.

Wales
For Wales, Food and health guidelines for early years and childcare settings can be found at: http://gov.wales/docs/phhs/publications/foodandhealth/090414guidelinesen.pdf

Northern Ireland
For Northern Ireland, Nutrition matters for the early years: Guidance for feeding under fives in the childcare setting can be found at: www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting

For other useful resources to support eating well for this age group, see For more information on page 43.
Other resources from First Steps Nutrition Trust
These resources can all be downloaded from www.firststepsnutrition.org

Eating well recipe book
Simple, cost-effective ideas for the whole family

Eating well: Packed lunches for 1-4 year olds

LUNCH BOX TIPS

**Why are eggs a good food choice for young children?**

- Eggs are a cheap, easy and nutritious food, and a great lunch box addition for young children. Eggs provide protein, iron, zinc, phosphorus, selenium, antioxidants, vitamins A and D, riboflavin, iodine, choline and many other nutrients.
- Eggs can be boiled and mashed or sliced into halves, quarters or rounds.
- Make sure that eggs are thoroughly cooked when serving to under-5s – both the white and yolk should be cooked until hard. Eggs need to be boiled for at least 7 minutes to ensure the white and yolk are cooked through.

**DRINK**

Serve water with the packed lunch shown on the left.

OTHER PACKED LUNCH IDEAS

If children like softer cooked vegetables, instead of cooked broccoli you could serve:

- cooked carrot sticks, parsnip sticks or butternut squash cubes
- steamed mange tout or sugar snap peas, or
- cooked frozen peas, broad beans or green beans.
Eating well: Vegan infants and under-5s

SNACK 1-4 years
Rice cakes with mushroom pâté and cherry tomatoes
Ingredients
1 tablespoon vegetable oil
1/2 small onion, peeled and finely diced
1/2 teaspoon garlic paste
150g mushrooms, peeled and diced
4 rice cakes
160g cherry tomatoes, halved

Method
1. Heat the oil in a frying pan. Fry the onions, garlic and mushrooms until they are soft.
2. Place the fried items in a blender and blend until smooth. Or push through a sieve, or mash with a fork.
3. Serve with the rice cakes and halved cherry tomatoes.

Serve with 100ml unsweetened calcium-fortified soya milk.

This recipe makes 4 portions of about 50g rice cakes and pâté, and 40g cherry tomatoes.

Black-eyed bean chilli with yellow rice and roasted vegetables

Black-eyed bean chilli
Ingredients
1/2 tablespoon vegetable oil
1 teaspoon garlic paste
1 small onion, peeled and finely diced
1 small (200g) can chopped tomatoes
1/2 teaspoon mild chilli powder
1/2 tablespoon cider vinegar
1 large (400g) can black-eyed beans, drained (drained weight 240g)

Method
1. In a large pot, heat the oil and fry the garlic paste and onions for 5 minutes until the onions are almost softened.
2. Add the tomatoes, chilli powder and vinegar and then simmer with the lid on for 10 minutes.
3. Add the beans and cook for a further 5 to 10 minutes.

Yellow rice
Ingredients
80g basmati rice
160ml water
1/2 tablespoon dairy-free fat spread
1/2 teaspoon turmeric
15g raisins or sultanas, chopped

Method
1. Bring the water to boil. Add all the ingredients.
2. Reduce the heat, cover and simmer for 20 minutes or until the rice is tender and the liquid has been absorbed.

Roasted vegetables
Ingredients
1/2 medium courgette, trimmed and cut into small pieces
5 medium mushrooms, halved
1/2 medium onion, peeled and cut into chunks
1/2 small red pepper, cored, de-seeded and cut into chunks
1/2 small yellow pepper, cored, de-seeded and cut into chunks
1/2 teaspoon dried mixed herbs
1/2 tablespoon vegetable oil

Method
1. Heat the oven to 180°C / 350°F / Gas 4.
2. Place the vegetables on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil.
3. Roast for 20 to 25 minutes until tender.

This recipe makes 4 portions of about 100g chilli, 60g rice and 40g vegetables.
Plates used in the photos

The photos on pages 11-42 show individual foods, in portion sizes appropriate for 1-4 year olds. The plates and bowls used in the photos are shown below at actual size.

Plate
Width: 20cm
Bowl
Width: 12cm
Depth: 4cm

Small bowl
Width: 8cm
Depth: 3cm
# Bread, other cereals and potatoes

<table>
<thead>
<tr>
<th>How much to serve?</th>
<th>Good choices</th>
<th>Notes</th>
</tr>
</thead>
</table>
| Foods from this group should be offered at every meal, and can be useful foods to offer as part of snacks. These foods should make up about a third of the food served each day. | **All types of bread** – wholemeal, granary, brown, wheatgerm, white, multigrain, soda bread, potato bread, chapattis, naan bread, rotis, rolls, bagels, pitta bread, wraps and tortilla.  
**Potatoes or sweet potatoes** – boiled, mashed, baked or wedges  
Yam, plantain, cocoyam, cassava and other starchy root vegetables  
Pasta and noodles – wholemeal and white  
Rice – brown and white rice  
Other grains such as pearl barley, couscous or bulgur wheat, maize (polenta), quinoa and cornmeal  
**Breakfast cereals** – low-sugar, low-salt cereals such as porridge, puffed wheat, weet bixs, crisped rice or flaked wheat. | Look for lower-salt breads.  
Processed potato products like waffles or smiley faces should be avoided.  
Avoid dried or canned ready-prepared pasta in sauce, as these are very salty.  
Avoid fried rice or flavoured dried rice in packets.  
Avoid sugary breakfast cereals. Look for those that have no added sugar. |

*Fortified cereals can be a good source of iron.*
The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

- **White toast** 1 slice 25g
- **Wholemeal bread** 1/2 bread roll 25g
- **French bread** 30g
- **White pitta bread** 1/2 pitta bread 30g
- **Wholemeal pitta bread** 1/2 pitta bread 25g
- **Bagel** 3/4 bagel 30g
The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
RICE AND OTHER GRAINS

- **White rice** 80g
- **Brown rice** 80g
- **Couscous** 80g
- **Polenta** 80g
- **Pearl barley** 25g

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POTATOES AND STARCHY ROOT VEGETABLES

Mashed potato  80g
New potato slices  80g
Jacket potato  80g
Oven chips  80g
Mashed sweet potato  80g
Mashed yam  80g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
PASTA AND NOODLES

- **Spaghetti** 80g
- **Egg noodles** 80g
- **Baby pasta** 80g
- **Pasta penne** 80g
- **Pasta rice** 80g
- **Brown pasta spirals** 80g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
BREAKFAST CEREALS

Puffed wheat  15g and 100ml milk

Weet bisks  20g and 100ml milk

Shredded wheat  1 bisk  12g and 100ml milk

Porridge made with milk  100g
Made from 15g porridge oats and 100ml milk

Porridge made with soy milk alternative  100g
Made from 15g oats and 150ml unsweetened fortified soy milk alternative

Ready brek  100g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
# Vegetables and fruit

## How much to serve?

Offer different fruits and vegetables at meals and snacks.

1-4 year olds should be encouraged to taste at least five different fruits and vegetables a day.

Aim for 40g portions of vegetables and fruits for all 1-4 year olds at meals and snacks.

## Good choices

| All types of fresh, frozen and canned vegetables – for example, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, courgette, green beans, kale, mushrooms, parsnips, peas, peppers, pumpkin, red cabbage, squash, spinach, swede or turnip |
| All types of salad vegetables – for example, lettuce, watercress, celery, cucumber, tomato, raw carrot, raw pepper, radish or beetroot |
| All types of fresh fruit – such as apples, bananas, pears, grapes, kiwi fruit, oranges, plums, berries, melon or mango |
| All types of canned fruit in juice – for example, peaches, pears, pineapple, mandarin oranges, prunes, guava or lychees |
| Stewed fruit such as stewed apple or pears, stewed dried fruit, stewed plums or stewed rhubarb |
| Dried fruit such as raisins, dried apricots, dates, dried figs, prunes |

## Notes

- Avoid vegetables canned with added salt and sugar.
- Do not overcook fresh vegetables, and don’t cut them up a long time before cooking and leave them in water, or cook them early and re-heat before serving. These practices all reduce the vitamin content.
- Avoid fruit canned in syrup.
- If the fruit to be stewed is sour, add a little apple juice, or mix with a sweeter fruit.
- Avoid dried fruit with added sugar and vegetable oil.
- Serve dried fruit with meals and not as snacks.
The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
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OTHER VEGETABLES

- Courgette  40g
- Leeks  40g
- Mushrooms  40g
- Mixed vegetables (frozen)  40g
- Plantain  40g
- Roasted vegetables  40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
SALAD AND RAW VEGETABLES

- Cucumber 40g
- Avocado 40g
- Beetroot 40g
- Carrot sticks 40g
- Celery sticks 40g
- Lettuce 40g

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APPLES AND Pears

<table>
<thead>
<tr>
<th>Food</th>
<th>Description</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>1/2 apple</td>
<td>40g</td>
</tr>
<tr>
<td>Stewed apple with juice</td>
<td></td>
<td>70g</td>
</tr>
<tr>
<td>Pear</td>
<td>1/3 pear</td>
<td>40g</td>
</tr>
<tr>
<td>Pears, canned in juice, served without juice</td>
<td></td>
<td>40g</td>
</tr>
<tr>
<td>Stewed pear with juice</td>
<td></td>
<td>70g</td>
</tr>
</tbody>
</table>

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BANANAS AND ORANGES

Banana 1/2 banana 40g

Orange 1/2 orange 40g

Clementine 1/2 clementine 40g

Mandarins, canned in juice, served with juice 70g

Mandarins canned in juice, no juice 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
STONE FRUIT

- Mango 40g
- Nectarine 40g
- Peaches canned in juice, served with juice 70g
- Plums 40g
- Stewed plums with juice 70g

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OTHER FRUIT

Grapes 40g

Kiwi 1/2 kiwi 40g

Fresh pineapple 40g

Pineapple canned in juice, served with juice 70g

Melon 70g

Watermelon 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
# Milk and dairy foods, and dairy alternatives

## How much to serve?
Foods from this group should be offered at 2-3 meals and snacks each day.

## Good choices

### Milk
Whole (full-fat) cows’ milk (or other whole animal milk) can be used as the main milk drink from the age of 12 months. Over-2s can have semi-skimmed milk if they are good eaters.

### Non-dairy milk alternatives
For children who avoid dairy products, unsweetened calcium-fortified soy milk alternative can be given as the main milk drink from 1 year of age. Other unsweetened fortified milk drinks such as almond, oat or coconut milk can be used, but all milk alternatives (including soy milk alternative) are much lower in energy than full-fat animal milk so care needs to be taken that the rest of the diet provides adequate energy. For more information on milk alternatives, see the next page.

### Cheese
Cheese is high in salt, so use in small amounts.

### Yoghurt and fromage frais
Choose plain unsweetened versions. Soya milk based or coconut milk based alternatives are available for those on dairy-free diets.

## Notes

- Avoid unpasteurised milk.
- Avoid milk drinks with flavours and added sugar.
- Avoid growing up milks or toddler milks.
- Do not serve rice milk to children under 5 years.
- Avoid unpasteurised cheese and mould-ripened (blue-vein) cheeses.
- Vegetarian cheese is available if needed.
- Avoid yoghurts and fromage frais that have a high sugar content (often those with added bits, or mousse style). If the sugar content on a yoghurt or fromage frais label says it has more than 15g of sugar per 100g, it is a high-sugar option. It is preferable to add fresh fruit to natural yoghurt or fromage frais.
Milk and non-dairy milk alternatives

Where mothers choose to breastfeed their toddler into the second year and beyond, this should be supported. Parents may choose to continue to provide expressed breastmilk for toddlers in childcare settings, and information on the safe storage of expressed breastmilk can be found at http://www.nhs.uk/conditions/pregnancy-and-baby/pages/expressing-storing-breast-milk.aspx

Follow-on milks or fortified toddler milks are not recommended for use as these are frequently sweetened and may have the wrong balance of nutrients.

Full-fat cows' (goats' or sheeps') milk can be the main milk drink from 1-2 years of age. After 2 years if children are eating well they can have semi-skimmed milk, but they should not have 1% fat or skimmed milk under the age of 5.

There are a number of non-dairy milk alternatives available, and any drink offered should be unsweetened and fortified. Below, we give information about the four main types of unsweetened fortified milk alternatives that are available, and compare them with whole cows’ milk.

### Non-dairy milk alternatives compared with cows' milk

<table>
<thead>
<tr>
<th></th>
<th>Whole cows’ milk</th>
<th>Unsweetened calcium-fortified oat milk alternative&lt;sup&gt;1&lt;/sup&gt;</th>
<th>Unsweetened calcium-fortified soy milk alternative&lt;sup&gt;2&lt;/sup&gt;</th>
<th>Unsweetened calcium-fortified coconut milk alternative&lt;sup&gt;3&lt;/sup&gt;</th>
<th>Unsweetened calcium-fortified almond milk alternative&lt;sup&gt;4&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy (kcal) per 100ml</strong></td>
<td>66</td>
<td>45</td>
<td>33</td>
<td>27</td>
<td>13</td>
</tr>
<tr>
<td><strong>Protein g per 100ml</strong></td>
<td>3.3</td>
<td>1.0</td>
<td>3.4</td>
<td>1.9</td>
<td>0.4</td>
</tr>
<tr>
<td><strong>Calcium mg per 100ml</strong></td>
<td>120</td>
<td>120</td>
<td>120</td>
<td>120</td>
<td>120</td>
</tr>
<tr>
<td><strong>Riboflavin mg per 100ml</strong></td>
<td>0.2</td>
<td>0.2</td>
<td>0.2</td>
<td>Not added</td>
<td>0.2</td>
</tr>
<tr>
<td><strong>Vitamin B12 micrograms per 100ml</strong></td>
<td>0.9</td>
<td>0.4</td>
<td>0.4</td>
<td>0.4</td>
<td>0.4</td>
</tr>
<tr>
<td><strong>Typical cost per 100ml</strong></td>
<td>8p</td>
<td>14p</td>
<td>6p</td>
<td>17p</td>
<td>14p</td>
</tr>
</tbody>
</table>

<sup>1</sup> Based on unsweetened Oatly brand.
<sup>2</sup> Based on typical own-brand unsweetened soy milk alternatives from major supermarkets.
<sup>3</sup> Based on unsweetened Kara brand.
<sup>4</sup> Based on unsweetened Alpro brand.
Unsweetened calcium-fortified soy milk alternative is the most cost-effective and easily sourced milk alternative, but all the alternatives are lower in energy than full-fat milk. If these alternatives are used, care has to be taken that the diet is sufficiently energy-dense. Unsweetened fortified coconut and almond milks are more expensive alternatives and a significantly greater volume of almond milk is needed to provide the same amount of energy as soy milk alternative.

Coconut milk is typically not fortified with riboflavin. Oat milk, coconut milk and almond milk alternatives are all low in protein.

Children should be discouraged from drinking too much milk if this means they have less appetite for a good range of foods at meal times, so it is worth considering the impact of using milk alternatives which have low energy density.

Animal milk is also a good source of iodine and it is not known how much, if any, iodine is in these milk alternatives.

If children are being given a vegan diet, it is important that care is taken that all nutrient needs are met. For more information on this, see our resource Eating well: vegan infants and under-5s at www.firststepsnutrition.org

The glasses of milk below all provide the same amount of energy (calories).

- Whole cows’ milk 50ml
- Soy milk alternative 100ml
- Oat milk 75ml
- Coconut milk 120ml
- Almond milk 250ml
MILK AND NON-DAIRY MILK ALTERNATIVES

Whole cows’ milk  100ml

Whole cows’ milk (or another whole animal milk) can be used as the main milk drink from the age of 12 months. Over-2s can have semi-skimmed milk if they are good eaters.

Unsweetened fortified soy milk alternative  200ml

For children who follow a vegan diet, or have a cows’ milk protein allergy, unsweetened calcium-fortified soy milk alternative can be used as the main drink from 1 year. This has only about half the energy content of full-fat animal milk, however, so care needs to be taken that the diet is energy-dense in other ways, or that a greater volume of soy milk alternative is offered without impacting on appetite. For information on other milk alternatives see page 30.

How much milk do 1-4 year olds need each day?

It is suggested that at 1-2 years about 400ml of cows’ milk a day fits into a healthy balanced diet. The 400ml might be made up of a drink in the morning, milk with snacks and a drink before bed or a nap, depending on how families manage their children’s eating and sleeping patterns across the day.

Children of 2-4 years old probably need about 300-350ml of milk a day as they will eat bigger portions of food at meals, may need fewer or shorter daytime naps, or not need a drink before bed.
The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
<table>
<thead>
<tr>
<th>Yogurt Type</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain yoghurt (full-fat)</td>
<td>60g</td>
</tr>
<tr>
<td>Greek yoghurt</td>
<td>50g</td>
</tr>
<tr>
<td>Soya yoghurt</td>
<td>60g</td>
</tr>
<tr>
<td>Coconut yoghurt</td>
<td>50g</td>
</tr>
</tbody>
</table>
# Meat, fish, eggs, pulses, nuts, seeds and meat alternatives

## How much to serve?
Main meals should always contain an item from this group.

Foods in this group are high in iron and zinc and can also be usefully served as part of snacks, for example as sandwich fillings.

## Good choices

<table>
<thead>
<tr>
<th>Meat</th>
<th>Fish</th>
<th>Eggs</th>
<th>Pulses</th>
<th>Ground nuts</th>
<th>Crushed seeds or ground seeds</th>
<th>Meat alternatives</th>
</tr>
</thead>
</table>
| all types including beef, lamb, pork, chicken and turkey | includes:  
- white fish such as cod, haddock, coley and white fish varieties from sustainable fish stocks such as pollack and blue whiting  
- oil-rich fish such as herring and mackerel, salmon, trout, sardines, sprats or pilchards. Canned tuna does not count as an oil-rich fish but is a good source of nutrients. | including boiled, scrambled or poached, or in an omelette | including all sorts of beans and peas such as butter beans, kidney beans, chickpeas, lentils or baked beans | such as smooth peanut butter, cashew or almond butter | such as sunflower seeds, pumpkin seeds or tahini | such as soya mince/ textured vegetable protein, Quorn or tofu |

## Notes

Avoid processed meat and fish products that are high in fat and salt, such as crumb-coated products, burgers, pies, sausages and canned meats.

If you are buying fish from a supermarket, look for the blue and white logo of the Marine Stewardship Council, which guarantees sustainability.

Make sure fish dishes are free of bones.

All eggs should be well cooked.

Look for canned pulses with no added salt and sugar.

Choose lower-salt and low-sugar baked beans.

Avoid processed meat alternatives (such as vegetarian sausages, burgers and pies), as these can be high in salt.
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PULSES

Butter beans (chopped) 40g
Cannellini beans 40g
Red kidney beans 40g
Soya beans 40g
Mixed beans 40g
Baked beans 55g

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MEAT ALTERNATIVES

- **Quorn mince** 50g
- **Soft tofu** 50g
- **Quorn pieces** 50g
- **Tofu pieces** 50g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.
For more information

Useful websites and publications

- **Child Feeding Guide**
  www.childfeedingguide.co.uk
  Website and app to support families around fussy eating.

- **Children’s Food Trust**
  www.childrensfoodtrust.org.uk

- **First Steps Nutrition Trust**
  www.firststepsnutrition.org
  Eating well: The first year
  Eating well: Packed lunches for 1-4 year olds
  Infant milks in the UK
  Making the most of Healthy Start: A practical guide
  Eating well recipe book
  Eating well sustainably: A guide for early years settings

- **Healthy Start**
  www.healthystart.nhs.uk
  www.healthystartalliance.org
  Information about the Healthy Start scheme in the UK.

- **HENRY**
  www.henry.org.uk
  Provides support to families with young children about changing behaviour around eating well and activity.

- **Institute of Health Visiting**
  www.ihv.org.uk
  Provides a range of tips for parents, and good practice points related to nutrition and pre-school children.

- **NHS Choices**
  www.nhs.uk
  The NHS Choices website contains information on healthy eating for under-5s.

- **NHS Health Scotland/Scottish Government**
  www.healthscotland.com
  A website providing up-to-date information, resources and support for practitioners working with or supporting pregnant women and families with young children.


  Ready, steady, toddler!
  www.readysteadytoddler.org.uk
  A website for families.

  Is your child a fussy eater?
  Leaflet. Available from www.healthscotland.com

- **Public Health Agency (Northern Ireland)**
  The following publications can be downloaded from www.publichealth.hscni.net

  Getting a good start – Healthy eating from one to five (2004)
  This booklet outlines advice on many key nutritional issues for children aged 1-5.

  Nutrition matters for the early years: Guidance for feeding under fives in the childcare setting can be found at: www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting

- **Public Health Wales**
  Bilingual resources (in English and Welsh) have been produced by the Welsh Assembly Government and can be downloaded from: www.publichealthwales.wales.nhs.uk

  **Bump, baby & beyond**
  A book with information on pregnancy, birth and into the toddler years. Available from: www.healthchallengewales.org/infantfeeding-publications

  Food and health guidelines for early years and childcare settings (2009)

- **Start4Life**
  www.nhs.uk/start4life
  Start4life provides a range of information to support eating well in the early years.

- **Sustain**
  www.sustainweb.org
  Guide to sustainable food.

- **Tiny Tastes**
  Tiny tastes
  A pack to help parents manage fussy eating and encourage young children to try new vegetables. Available for sale from www.fbsresources.com

- **Healthy Start**
  www.healthystartalliance.org
  Information about the Healthy Start scheme in the UK.
FIRST STEPS NUTRITION TRUST

www.firststepsnutrition.org

Good food choices and portion sizes for 1-4 year olds