



Eating well for 1-4 year olds

Practical guide



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SNACK Spicy potato wedges and tomato salsa



LUNCH Lamb kheema, rice and vegetable curry

The Gardiner Walker Trust



Eating Well for 1-4 Year Olds: Practical Guide (including accompanying CD-ROM)
Second edition.

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This book includes a CD-ROM containing full-colour photos of breakfasts, snacks, lunches, teas and desserts for 1-4 year olds, with suggested portion sizes and recipes, as well as a PDF of this book.

This resource is provided for information only and individual advice on diet and health should always be sought from appropriate health professionals.

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The Caroline Walker Trust

The Caroline Walker Trust is a charity which aims to improve public health through good food. For more information about The Caroline Walker Trust and how to obtain any of our publications, see our website www.cwt.org.uk

Other publications by The Caroline Walker Trust

For details see cwt.org.uk

Reports

Eating Well for Under-5s in Child Care

Eating Well at School

Eating Well for Looked After Children and Young People

Eating Well: Children and Adults with Learning Disabilities

Eating Well for Older People

Eating Well for Older People with Dementia (Published by VOICES. Now out of print but available to download from the CWT website www.cwt.org.uk)

Training materials

Eating Well for Under-5s in Child Care – Training Materials

Eating Well: Supporting Adults with Learning Disabilities – Training Materials

Photo resources

For more information about our photo resources for different age groups of children and young people, see the website

www.cwt-chew.org.uk

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Accompanying this book:

CD-ROM Eating Well for 1-4 Year Olds

This CD-ROM contains a selection of full-colour photos of breakfasts, snacks, lunches, teas and desserts for 1-4 year olds, each with suggested portion sizes and recipes. It also contains a PDF of this book.

For information on how to use the photos to produce food photo cards like the examples at the back of this book, see page 72.

Introduction

This resource shows the sorts of foods, and amounts of foods, that will meet the nutritional needs of 1-4 year olds in the UK.

Why have we produced this resource?

We want to provide a visual resource to illustrate what a good diet actually looks like for 1-4 year olds. Young children need enough energy (calories) to grow and be active, and enough nutrients (protein, fat, carbohydrate, vitamins and minerals) to ensure that they remain healthy, fight infections, can be active and learn effectively. Experts have calculated the amounts of individual nutrients that they think young children in different age groups need. These are known as 'dietary reference values'. This resource gives information on how these dietary reference values for 1-4 year olds can be met in practice, and the sorts of foods and amounts we should encourage children to eat.

The aims of this resource

The aims of this resource are:

- to help children aged 1-4 years to eat well
- to summarise the key principles of eating well for 1-4 year olds
- to show how the needs of 1-4 year olds can be met with a variety of foods and drinks, and
- to show typical portion sizes to aim at for 1-4 year olds for the key foods that we want to encourage children to eat.

Who is it for?

This resource has been designed for all those who support 1-4 year olds to eat well. This includes nursery nurses, child carers, family centre and Sure Start workers, dietitians, registered public health nutritionists, community food workers, health visitors and paediatricians, as well as the parents of the children.

A short film showing how this resource might be used can be found at www.cwt-chew.org.uk

What does the resource contain?

It contains:

- a summary of the key principles of eating well for 1-4 year olds
- a summary of how we can manage eating and drinking throughout the day
- some sample menus to show how children's energy and nutrient needs can be met
- photos of some example breakfasts, snacks, lunches and teas
- recipes for the dishes shown in the photos
- photos of typical portion sizes for individual foods suitable for 1-4 year olds.

How are the materials organised?

Eating well for 1-4 year olds, on page 7, offers some simple notes about what to remember when helping 1-4 year olds to eat well.

The **Sample menus for 1-4 year olds**, on page 15, have been designed to show how the energy and nutrient needs of children aged 1-4 years can be met.

How to use the food photos, on page 20, gives a list of all the food photos of breakfasts, snacks, lunches, teas and desserts on the accompanying CD-ROM (see below), and some ideas on how to use the photos.

The photos of **Individual foods: portion sizes for 1-4 year olds** on pages 29-62 show individual foods, in portion sizes appropriate for 1-4 year olds. These photos can be used to help people identify foods and to see typical portion sizes, and can be used with children to talk about food.

The **Additional information** section contains:

- *Food-based guidance* to help people think about food they serve
- a list of *Good sources of vitamins and minerals*
- a *Resources* section with sources of further information, and
- instructions on how to print food photo cards, and some example cards.

The CD-ROM **Eating Well for 1-4 Year Olds**, included with this book, contains photos of a variety of breakfasts, snacks, lunches, teas and

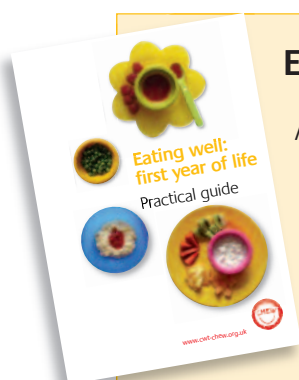
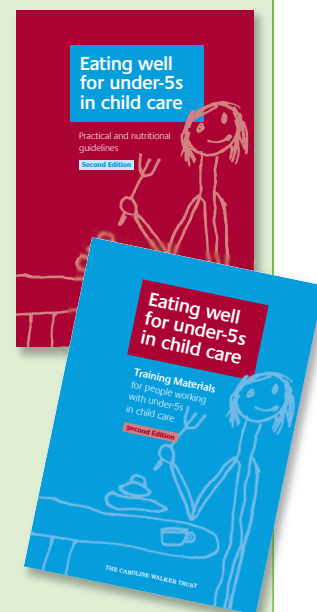
desserts. These have been put together to illustrate how you can help to provide good food for 1-4 year olds. With each photo there is information about portion sizes by age, as well as recipes for most of the dishes shown in the photos. The CD-ROM also contains a PDF of this book.

For more information on eating well for under-5s

The Caroline Walker Trust (CWT) has produced a report which provides explanation and evidence for the recommendations we make in this photo resource about eating well for under-5s. The report – *Eating Well for Under-5s in Child Care: Practical and Nutritional Guidelines* – can be found on the CWT website www.cwt.org.uk.

CWT has also produced *Eating Well for Under-5s in Child Care: Training Materials* for child care workers who want to reflect on their own practice and learn more about eating well for this age group.

We strongly advise everyone to look at these two publications, as well as using the information in this photo resource.



Eating well in the first year of life

A book with information and example photos showing how infants from the age of 6 months can eat well – called *Eating Well: First Year of Life* – is also available. See www.cwt-chew.org.uk



www.cwt-chew.org.uk

Eating well for 1-4 year olds

Healthy eating and physical activity are essential for proper growth and development in childhood. To help children develop patterns of healthy eating from an early age, it is important that the food and eating patterns to which children are exposed – both at home and outside the home – are those which promote positive attitudes and enjoyment of good food.

Growing children need plenty of energy (calories) and nutrients (protein, fat, carbohydrate, vitamins and minerals) to ensure they grow and develop well. And they need to eat a good variety of foods, including lots of fruits and vegetables, to make sure they get all the other important dietary components they need. A good appetite will usually make sure that they get enough energy from the food they eat. However, there is evidence that:

- the diets of children under 5 in Britain are:
 - too low in vitamin A
 - too low in vitamin C
 - too low in iron
 - too low in zinc, and
- their diets contain:
 - too much of the type of sugars that most contribute to tooth damage, and
 - too much salt, which can contribute to higher blood pressure.
- In addition, some children in the UK have low levels of vitamin D which can lead to poor bone health.
- Some children under 5 are too heavy for their age and height.

Intakes of meat, fish, vegetables and fruit among 1-4 year olds are generally low. An increase in the intakes of these foods would help to ensure that children have the right amounts of vitamins, minerals and other dietary components for healthy growth and development. Children who eat well and are active are likely to be the right weight for their height.

Eating is an important part of everyone's life. Encouraging children to eat healthily does not mean denying them food they enjoy. Healthy eating is about getting a varied, balanced diet and enjoying lots of different foods.

Helping 1-4 year olds to eat well

Below we summarise the key things to think about when helping 1-4 year olds to eat well. For more information on any of these points, see the Caroline Walker Trust report *Eating Well for Under-5s in Child Care*, or other information in the *Resources* section on page 69.

Make sure children have a good appetite

- ★ Children need to be active every day. Physical activity – which means any type of movement including active play, outdoor play, games, dance and playing with other children, for example – helps to ensure that children have a good appetite. Children who are active will then eat enough food to get all the nutrients they need. Activity also builds up muscle strength and fitness, develops physical skills such as balance and coordination, and provides a release for children's energy.

Make sure children eat regular meals and nutritious snacks

- ★ Breakfast is a particularly important meal and fortified breakfast cereals can make an important contribution to daily vitamin and mineral intakes. Choose cereals which are low in added salt and sugar. For other breakfast ideas, see page 17.
- ★ Children need to eat regularly and need nutritious snacks between meals. The best snacks are those which are low in added sugar. A variety of snacks should be offered including fruit, vegetables, milk, yoghurt, any type of bread, and sandwiches with savoury fillings. See page 17 for examples of good snacks to choose.

Make sure 1-4 year olds get the energy and nutrients they need for growth and activity

- ★ It is important that 1-4 year olds get enough energy (calories) for growth and development. While adults and children aged over 5 are encouraged to eat a diet that is high in starchy foods and low in fat, younger children on this sort of diet may not have the appetite to eat enough food to provide all the nutrients they need. 1-4 year olds will need regular meals which are 'nutrient-dense' – that means meals that provide energy and nutrients without being very bulky. Avoid giving under-5s low-fat foods that are designed for adults.

What does eating well look like for children aged 1-4 years?

- ★ Children should be encouraged to eat the same healthy food as the rest of the family. They do not need special children's foods. Food sold for children is often very expensive for the portion size given, and it is not necessarily a healthier option than food you would make at home.
- ★ Children should be encouraged to eat a varied diet. 1-4 year olds should eat foods from each of the four main food groups every day. A varied diet is associated with better health as it is more likely to contain all the nutrients the body needs. The four main food groups are:
 - bread, other cereals and potatoes
 - fruit and vegetables
 - milk and dairy foods, and
 - meat, fish and alternatives (such as eggs, pulses – peas, beans and lentils – nuts and soya).
- ★ Fruit and vegetables are particularly important for good health. 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.

- ★ The iron intake of many 1-4 year olds is lower than currently recommended. Iron-rich foods include meat, offal and fish, as well as green vegetables, wholegrain cereals and pulses. Children who do not eat meat should have a varied diet containing foods such as cereals, pulses (peas, beans and lentils), vegetables and fruits. Good sources of iron are shown on page 67.
- ★ If children have sugary foods, these should be given with meals rather than as snacks between meals, to prevent damage to teeth. Children do not need sugary foods such as sweets, chocolate, soft drinks or honey for energy. Starchy foods – such as potatoes, bread, rice, pasta and yam – are better sources of energy as these foods contain other important nutrients too.
- ★ Make sure food for 1-4 year olds is low in salt: avoid adult meals, take-aways and foods that are high in salt, use less salt in cooking and don't let children add salt to food at the table. This doesn't mean that food for 1-4 year olds should be bland. Use a wide variety of flavourings such as herbs, spices, fruit and vegetables and good-quality ingredients to ensure that food is interesting to eat and that children become accustomed to different natural flavours.
- ★ Young children need to eat small quantities of good food regularly. The best foods are those that are simple and which have been made from good-quality ingredients. Avoid foods that are 'diluted' – for example, avoid meat and fish covered with breadcrumbs, batter or other coatings which make them lower in nutrients. Potatoes should be served as potatoes, not as waffles or smiley faces or other products with added fat and salt. For information on the best sorts of foods to choose within each food group, see the *Food-based guidance* on page 64.

Do children under 5 need extra vitamins?

- ★ It is recommended that children up to the age of 5 years should receive vitamin drops containing vitamins A, C and D. All mothers of breastfed babies should take vitamin D supplements, and breastfed babies should receive vitamin drops after about 6 months of age, or earlier if there are concerns that the infant might be at risk of low vitamin D status. Formula-fed babies require vitamin drops after the age of 1 year. Parents and guardians should seek advice from their health visitor or GP.

What should children aged 1-4 years drink?

- ★ Children should be encouraged to drink tap water if they are thirsty. Water quenches thirst, does not spoil the appetite, and does not damage teeth.
- ★ Milk is a good drink for 1-4 year olds but it is also a 'food' and it is important that milk consumption is gradually reduced as food intake at meals and snacks increases. Whole cow's milk is suitable as a main drink for most children from 12 months of age. Semi-skimmed milk can be introduced gradually after the age of 2 years, provided that the child is a good eater and has a varied diet. Skimmed milk is not suitable as the main drink for children under 5 years of age. For more information on milks for under-5s, see the CWT report *Eating Well for Under-5s in Child Care* (see page 6).
- ★ Children over the age of 1 year should not rely on fortified, sweetened growing up milks for their nutrients. Children should be encouraged to get the nutrients they need from good food as they grow up, and not rely on milk drinks which may blunt their appetite at meal times.

How much milk should toddlers drink?

- ★ Over 1 year of age it is likely that toddlers will have milk as a drink with snacks between meals, and a milk drink before bed. After 1 year of age it is important that toddlers do not fill up on milk before they eat their meals and it is useful to offer diluted 100% fruit juice or water with meals.
 - On average, a 1-2 year old is likely to need no more than 400ml of milk a day as a drink (about $\frac{2}{3}$ pint).
 - On average, a 3-4 year old is likely to need no more than 300ml of milk a day as a drink (about $\frac{1}{2}$ pint).
- ★ If children refuse to drink milk when they are toddlers, they can still get the calcium and fat-soluble vitamins that milk provides from other dairy foods. Toddlers need about 400mg of calcium a day.
 - A bowl of full-fat yoghurt (70g) provides 140mg calcium.
 - A portion of custard (60g) provides 90mg calcium.
 - A bowl of milk pudding (eg. rice pudding) (90g) provides 120mg calcium.
 - A small portion of cheese (15g) provides 120mg calcium.

There is also calcium in other foods and dishes, so it is not necessary to give 1-4 year olds large quantities of foods such as yoghurt and fromage frais if they don't drink milk.

For sources of non-dairy calcium, see page 68.

What about other drinks?

- ★ Diluted 100% fruit juice is a useful source of vitamin C. Children should be encouraged to have a glass of diluted fruit juice (half fruit juice and half water) with their main meal or with breakfast, as fruit juice may also help the body to absorb iron.
- ★ Children should be discouraged from having fizzy drinks and squashes (including fruit squashes and fruit juice drinks) – including diet, non-diet, no-added-sugar and low-sugar varieties – as these can erode the tooth enamel and contribute to tooth decay. Also, they provide little in the way of nutrients, and children who drink them frequently may have less appetite to eat well at meal times.
- ★ Children should not be given sweet drinks (such as fruit juice, squashes and other soft drinks) in a bottle. An open cup or beaker which does not require the child to suck should be used instead, to protect the teeth. These drinks should only be given with meals.
- ★ If children are given soft drinks (such as squashes) containing the intense sweetener saccharin, these should be diluted more than they would be for an adult or older child – for example, 1 part squash to at least 10 parts water. Also, it is recommended that the amount of dilutable drinks that contain cyclamate (E952) given to young children should be limited to no more than three beakers a day. **However, we would recommend avoiding artificially sweetened drinks completely.**
- ★ Tea and coffee are not suitable drinks for under-5s as they contain tannic acid which interferes with iron absorption.

How can I encourage children to eat well?

- ★ Meal and snack times offer an opportunity to extend children's social and language skills. Children can learn from others about table manners, and can practise their speaking and listening skills. To encourage this, distractions such as television are best avoided during meal times.
- ★ Act as a good role model in the foods and drinks you choose for yourself.
- ★ Children aged 2-4 years should be allowed to serve themselves during meals, as this may encourage them to try different kinds of foods. Finger foods of all kinds, particularly fruit and vegetables, will encourage children under 2 years of age to feed themselves and try new foods. Child-sized utensils, crockery, tables and chairs may also make it easier for children to serve themselves and learn to eat independently.

- ★ Learning how to choose and enjoy many different nutritious foods in early childhood can encourage a lifelong love of good food. Encourage an interest in food and where it comes from, and involve children in growing, picking and preparing food as well as laying and clearing tables and serving others.

*What else should you **avoid** giving young children?*

- ★ Avoid foods and drinks which are coloured with the artificial colours E102, E104, E110, E122, E124, E129, or which contain the additive sodium benzoate (E211). These additives have been linked to increased hyperactivity among some children. To find out if a food or drink contains any of these additives, check the *Ingredients* list. For more information on how to avoid these additives, go to www.actiononadditives.com
- ★ Also avoid:
 - low-sugar and artificially sweetened foods and drinks designed for adults
 - foods with special ingredients (such as cholesterol-lowering spreads designed for adults)
 - ready meals made for adults
 - take-away foods and fast foods
 - ready-to-drink cartons of juice or squash (as these are too concentrated for small children)
 - savoury snacks (designed for adults) which are high in salt
 - whole nuts (as children could choke)
 - very high-fibre foods (such as all bran-type cereals), as these may fill children up too much
 - drinks with added caffeine, designed for adults (stimulant drinks)
 - rice milk or rice drinks, and
 - alcohol.

For more information on how to choose foods for under-5s, see the *Food-based guidance* on page 64.

*Can children have **peanuts**?*

- ★ Advice from the Department of Health says it is safe for pregnant and breastfeeding women to eat peanuts or foods containing peanuts, but they should not be given to infants under 6 months. Over 6 months, if a child has been diagnosed with another kind of allergy (eg. eczema or another food allergy), or if there is a history of allergy in the child's

family, parents and guardians are advised to talk to their GP, health visitor or medical allergy advisor before giving peanuts or peanut-containing products for the first time.

What about fussy eaters?

- ★ Children should be allowed to make their own food choices. If a child refuses a food or meal, gently encourage them to eat, but children should never be forced to eat. Children often eat well in a calm atmosphere where others are enjoying their food.
- ★ To minimise food refusal, it is important to ensure that a variety of foods are offered without judgement. Listen to what children request when it comes to serving their food. Some children don't like different parts of the meal touching each other, some prefer to have food that they can see clearly (for example, not covered in sauce or gravy), and some may prefer certain food items on separate plates and bowls.
- ★ Remember that children's tastes change. Use the phrase "It's alright if you don't like it today" when a food is refused, rather than assuming that they will never choose or like that food in the future. Foods offered regularly often become liked foods and it is important to serve a variety of foods even if they are not eaten, so that children get used to seeing them on their plate.

For more information on fussy eaters, see the *Resources* section on page 69.

Good hygiene and safety

- ★ All fruit and vegetables to be eaten uncooked need to be washed thoroughly.
- ★ Always wash your hands with soap and water before preparing food or helping children to eat, and after changing nappies, toileting children, blowing your nose or sneezing into a tissue. Children's hands should always be washed with soap and water before meals and snacks, and after going to the toilet.
- ★ Never leave children under 5 alone while they are eating, in case they choke. If children are in a high chair, always strap them in.

For more information on food safety, see www.food.gov.uk

For more information about eating well for children, see www.eatwell.gov.uk and www.healthystart.nhs.uk

Sample menus for 1-4 year olds

This section contains three sample menus which give an idea of the types of foods and amounts of foods that meet the nutritional needs of 1-4 year olds, as specified in the nutritional guidance in the Caroline Walker Trust report *Eating Well for Under-5s in Child Care*. (That report forms the basis for the sample menus and food photos in this photo resource. See page 6.)

The menus are designed to show how different types of foods can be served at meals and snacks to meet the nutritional guidance across the day.

Some of the dishes included in the sample menus are shown in the food photos on the CD-ROM that accompanies this book. The CD-ROM also includes recipes for those dishes.

Each sample menu includes breakfast, two snacks, lunch and tea, and provides about 90% of the energy and nutrient needs of a toddler. We suggest the energy and nutrient needs are divided across the day as follows:

Breakfast	20%
2 snacks	10% + 10%
Lunch	30%
Tea	20%

This leaves 10% of energy and nutrients for an additional drink, or drink and snack, in the evening. For children aged 1-4 years this would mean about 130kcal a day which is equivalent to:

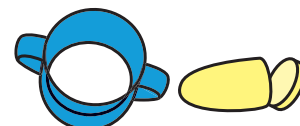
200ml full-fat milk,

or



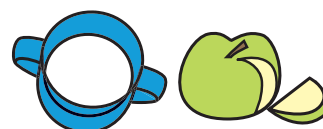
$\frac{1}{2}$ a large banana and 100ml full-fat milk,

or



an average-sized eating apple and 130ml full-fat milk,

or



any of the other snacks that we suggest in the sample menus.

For a full explanation of the nutrient needs of children under 5 and how we compiled the recommendations, see the CWT report *Eating Well for Under-5s in Child Care* (see page 6).

The sample menus suggest that children have three main meals a day – breakfast, lunch and tea – and two snacks (plus an additional snack as described on page 15). The meals are interchangeable – some people serve a bigger meal at lunchtime, some serve a main meal later in the day – and it will depend on how each child, household, childcare setting or school works as to the best arrangement of meals and snacks throughout the day. As a rule of thumb, try to make sure children under 5 don't go more than three hours without eating while they are awake.

For information about the levels of salt/sodium in the sample menus, see page 68.

How did we calculate the suggested portion sizes in the menus?

In order to calculate the amounts of foods and types of foods that meet the average energy and nutrient needs of children aged 1-4 years, we created a series of sample menus using the menu planning software designed for early years settings by Nutmeg (www.nutmeg-uk.com). To create these menus, we added many of our own recipes to the database, and we have included our recipes on the CD-ROM at the back of this book, along with photos of most of the items in the menus. The menus meet the CWT guidelines for energy and nutrients as described in our report *Eating Well for Under-5s in Child Care* (see page 6).

The meals and snacks in the photos on the CD-ROM have all been taken from these example menus, to show a variety of ways in which children aged 1-4 years can meet their energy and nutrient needs over a period of time. In order for children to get all the nutrients they need, they should eat a wide variety of different foods and have a range of dishes, as we show in the sample menus on pages 17-19. If children have the same foods every day, they are unlikely to get the range of nutrients that they need, so it is important to use the photos of the example meals and snacks in the context of a weekly menu plan.

Sample menu for 1-4 year olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast eg. at 8am	Scrambled egg 50g Cherry tomatoes 10g Toast 20g Vegetable fat spread 4g Diluted orange juice (50%) 100ml	Crisped rice 20g Milk 100ml Malt loaf 40g Diluted orange juice (50%) 100ml	Cornflakes 20g Raisins 10g Milk 100ml Sliced banana 80g Diluted orange juice (50%) 100ml	Porridge 100g Prunes (dried) 20g Fruit bun 30g Diluted orange juice (50%) 100ml	Baked beans 60g Toasted muffin 30g Vegetable fat spread 4g Diluted orange juice (50%) 100ml
Morning snack eg. at 10am	Peaches (canned in juice) 70g Full-fat yoghurt 60g Milk 100ml	Tabbouleh 40g Raisins 30g Cherry tomatoes 40g Milk 100ml	Fruit scone 30g Vegetable fat spread 3g Strawberries 40g Milk 100ml	Mixed platter: Red pepper 20g Celery 20g Grapes 40g Milk 100ml	Pancake 25g Butter 4g Apple 40g Milk 100ml
Lunch eg. at 12-1pm	Chicken korma 90g Brown rice 80g Naan bread 20g Carrot cake 40g Diluted orange juice (50%) 100ml	Lamb burger 45g Bubble and squeak 120g Dates 45g Full-fat yoghurt 60g Diluted orange juice (50%) 100ml	Tuna and sweetcorn pasta 140g Cucumber 20g and red pepper 20g sticks Orange jelly 100g Mandarins (in juice) 70g Diluted orange juice (50%) 100ml	Vegetable lasagne 180g Mixed salad 40g Stewed apple 70g Custard 60g Diluted orange juice (50%) 100ml	Chilli con carne 95g Jacket potato 90g Crème fraîche 20g Tomato 40g Watercress 10g Rhubarb crumble 60g Custard 50g Diluted orange juice (50%) 100ml
Afternoon snack eg. at 3pm	Popcorn 10g Pears 40g Milk 100ml	Pitta bread 25g Houmous 30g Cucumber 20g and carrot 20g sticks Milk 100ml	Plain yoghurt 60g Banana 40g Milk 100ml	Spicy potato wedges 65g Mozzarella balls 20g Orange wedges 40g Milk 100ml	Mixed platter: Yellow pepper 20g Cherry tomato 20g Grapes 40g Milk 100ml
Tea eg. at 5pm	Creole jambalaya 120g Carrot sticks 40g Pitta bread 25g Banana custard 100g Diluted orange juice (50%) 100ml	Savoury omelette 70g Baby jacket potatoes 80g Fresh fruit salad 100g Diluted orange juice (50%) 100ml	Baked beans 60g White toast 20g Cucumber 40g Rice pudding 80g Sultanas 40g Diluted orange juice (50%) 100ml	Chicken and vegetable couscous 145g Mixed salad 25g Fruit jelly 60g Diluted orange juice (50%) 100ml	Sardines 40g Wholemeal toast 20g Cherry tomatoes 40g Semolina 90g Pears 40g Diluted orange juice (50%) 100ml

Children can also have an extra snack before bedtime (see page 15).

Sample vegetarian menu for 1-4 year olds

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast eg. at 8am	Puffed wheat 15g Apricots (dried) 20g Milk 100ml Apple 40g Diluted orange juice (50%) 100ml	Vegetarian sausages 40g Canned plum tomatoes 40g Wholemeal toast 20g Vegetable fat spread 4g Diluted orange juice (50%) 100ml	Muesli 30g Apricots (dried) 20g Milk 100ml Diluted orange juice (50%) 100ml	Porridge 100g Greek yoghurt 30g Dates 20g Diluted orange juice (50%) 100ml	Scrambled egg 50g Half croissant 30g Butter 5g Cherry tomatoes 40g Diluted orange juice (50%) 100ml
Morning snack eg. at 10am	Baby breadsticks 8g Houmous 30g Cherry tomatoes 40g Milk 100ml	Pancakes 25g Butter 4g Celery 40g Milk 100ml	Full-fat yoghurt 60g Apricots canned in juice 70g Milk 100ml	Popcorn 10g Apple 40g Milk 100ml	Crusty brown roll 20g Soft cheese 20g Carrot sticks 40g Milk 100ml
Lunch eg. at 12-1pm	Chickpea curry 90g Rice 80g Spinach and tomato curry 50g Banana custard 100g Diluted orange juice (50%) 100ml	Stuffed peppers 115g Potato salad 50g Beansprouts 5g Cherry tomatoes 35g Semolina 100g Dates 40g Diluted orange juice (50%) 100ml	Broccoli quiche 90g Mashed potato 80g Baked beans 60g Stewed fruit 70g Greek yoghurt 50g Diluted orange juice (50%) 100ml	Chickpea fritters 90g Sweet potato 80g Sweetcorn 40g Milk jelly 100g Mandarin oranges (canned in juice) 70g Diluted orange juice (50%) 100ml	Mixed bean casserole 115g New potatoes 80g Petits pois 40g Gingerbread 35g Diluted orange juice (50%) 100ml
Afternoon snack eg. at 3pm	Cream crackers 10g Soft cheese 20g Cucumber 20g and carrot 20g sticks Milk 100ml	Fromage frais 60g Peaches (canned in juice) 70g Milk 100ml	Baby breadsticks 8g Raita dip 30g Kiwi 40g Milk 100ml	Plain yoghurt 30g Oatcakes 20g Apple 40g Milk 100ml	Curried rice salad 45g Yellow pepper 20g Orange pepper 20g Milk 100ml
Tea eg. at 5pm	Mini egg and cress sandwiches 80g Cherry tomatoes 40g Lettuce 25g Apple Brown Betty 60g Diluted orange juice (50%) 100ml	Spicy chickpea salad 50g Wholemeal pasta twirls 50g Cucumber 20g Raw carrot 20g Fresh fruit salad 100g Diluted orange juice (50%) 100ml	Vegetable and butter bean risotto 125g Coleslaw 30g Mixed salad 30g Rhubarb crumble 60g Custard 50g Diluted orange juice (50%) 100ml	Ratatouille with chickpeas 120g Baby jacket potato 80g Cheddar cheese 20g Rice pudding 80g Sultanas 40g Diluted orange juice (50%) 100ml	Quorn burger 40g Burger bun 45g Lettuce 20g Tomato 40g Orange and lemon rice 90g Diluted orange juice (50%) 100ml

Children can also have an extra snack before bedtime (see page 15).

Sample menu for 1-4 year olds including world menu options

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast eg. at 8am	Weet bisk 20g Milk 100ml Raisins 10g Toast 20g Jam 5g Diluted orange juice (50%) 100ml	Eggy bread 60g Button mushrooms 20g Diluted orange juice (50%) 100ml	Puffed wheat 15g Milk 100g Wholemeal toast 20g Vegetable fat spread 4g Jam 5g Diluted orange juice (50%) 100ml	Porridge 100g Jam 10g Fruit loaf 25g Vegetable fat spread 4g Diluted orange juice (50%) 100ml	Omelette 50g Wholemeal toast 20g Vegetable fat spread 4g Diluted orange juice (50%) 100ml
Morning snack eg. at 10am	Mixed platter: Red pepper 20g Celery 20g Grapes 40g Milk 100ml	Wholemeal toast 20g Soft cheese 20g Grapes 40g Milk 100ml	Popcorn 10g Lychees 40g Milk 100ml	Pitta bread 25g Tuna pâté 15g Apple 40g Milk 100ml	Fromage frais 60g Pineapple (canned in juice) 70g Milk 100ml
Lunch eg. at 12-1pm	Coconut fish curry 95g Basmati rice 80g Tomato 40g Mango 40g Full-fat yoghurt 50g Diluted orange juice (50%) 100ml	African beef stew 100g Cassava 80g Sweetcorn 40g Fresh pineapple 40g Diluted orange juice (50%) 100ml	Sweet and sour pork 95g Egg noodles 70g Stir-fried vegetables 40g Chinese fruit salad 100g Diluted orange juice (50%) 100ml	Jerk chicken 50g Rice and peas 80g Callaloo 40g Banana bread 50g Diluted orange juice (50%) 100ml	Channa aloo 95g Mixed vegetable pilau 80g Masoor dhal 45g Neapolitan ice cream 50g Diluted orange juice (50%) 100ml
Afternoon snack eg. at 3pm	Pitta bread 30g Houmous 30g Cucumber 20g and carrot 20g sticks Milk 100ml	Banana 40g Oatcakes 20g Milk 100ml	Pancake 25g Butter 4g Peaches (canned in juice) 70g Milk 100ml	Baby breadsticks 8g Raita dip 30g Clementine 40g Milk 100ml	Spicy potato wedges 65g Tomato salsa 30g Milk 100ml
Tea eg. at 5pm	Spicy ratatouille 90g Tofu 50g Flatbread 20g Lemon sorbet 35g Diluted orange juice (50%) 100ml	Savoury omelette 70g Mixed bean salad 45g Apricot fool 80g Chopped apricot 20g Diluted orange juice (50%) 100ml	Fruity couscous 110g Mixed salad 40g Fromage frais 60g Dates 45g Diluted orange juice (50%) 100ml	Spicy chickpea salad 55g Chapatti 20g Cucumber 20g and carrot 20g sticks Crunchy apricot and pear layer 70g Diluted orange juice (50%) 100ml	Chicken tikka with lettuce and yoghurt 60g Tortilla wrap 20g Mixed salad 45g Rice pudding 90g Mandarin oranges 40g Diluted orange juice (50%) 100ml

Children can also have an extra snack before bedtime (see page 15).

How to use the food photos

The CD-ROM that accompanies this book contains photos of some of the breakfasts, snacks, lunches, teas and desserts that we have included in the sample menus for 1-4 year olds on pages 17-19. (See list on page 24.)

The aim of these photos is to show:

- typical portion sizes to aim at for 1-4 year olds, and
- what the foods in the menus look like.

The photos may be useful:

- for those responsible for menu planning or preparing food for 1-4 year olds
- for supporting those who may want to know more about eating well for 1-4 year olds
- to show to children so that they can become familiar with different foods, and to help them choose things they would like to try.

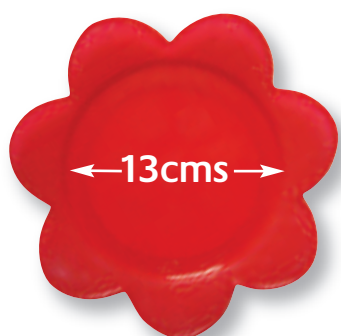
For each photo we give:

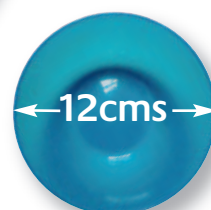
- the name of the food and the portion size appropriate for an average 2½ year old
- details of how the portion size might vary for younger (1-2 year old) children, and older (3-4 year old) children, and
- recipes for most of the items shown.



The actual dimensions of the plates and dishes used in the food photos are shown below and on the next pages. If you want to make real-size copies of the plates and bowls so that you can compare portion sizes with those shown, you can print these pages from the PDF that is on the accompanying CD-ROM, laminate them and cut out the plate shapes.







List of photos – 1-4 year olds

The CD-ROM included with this book contains photos of all the following dishes, with suggested portion sizes and recipes.

Breakfasts



Cornflakes with raisins, with sliced banana

Crisped rice with malt loaf

Porridge and jam, with toasted fruit bread

Puffed wheat, with toast and jam

Weet bisk and raisins, with toast and jam

Eggy bread with button mushrooms

Omelette and wholemeal toast fingers

Scrambled egg and tomato on toast

Baked beans on a toasted muffin

Sausage and plum tomato with toast

Snacks

Breadsticks, guacamole and cucumber and pepper sticks

Breadsticks, houmous dip and cherry tomatoes

Cream crackers and soft cheese, with cucumber and carrot sticks

Crusty brown roll with soft cheese and carrot sticks

Mini avocado and tomato salsa sandwiches

Mini bowl of curried rice salad and mixed peppers

Mini bowl of tabbouleh and blueberries

Mini soft cheese and pineapple sandwiches

Oatcakes, cottage cheese and apple chunks

Pancake with strawberries

Pitta bread fingers, tuna pâté dip and apple chunks

Popcorn and sliced pear

Spicy potato wedges and tomato salsa

Spicy potato wedges, mozzarella balls and orange wedges



Toast squares with mashed egg and cress

Wholemeal toast fingers, yoghurt (for dipping) and banana slices

Yoghurt with apricots

Yoghurt with raspberries

Lunches

Beef

African beef stew, cassava and sweetcorn

Chilli con carne, jacket potato with crème fraîche, and tomato and watercress salad

Cottage pie, peas and broccoli

Roast beef with roast potatoes, carrots, spring greens and gravy

Lamb

Lamb burger with bubble and squeak

Lamb kheema, rice and vegetable curry

Moussaka and Greek salad

Pork

Bigos, pasta rice and mixed salad

Sweet and sour pork, egg noodles and stir-fried vegetables

Chicken

Chicken fajitas, salad and sweetcorn salsa

Chicken korma, brown rice and naan bread

Jerk chicken, rice and peas, and callaloo

Fish

Coconut fish curry, basmati rice and tomato salad

White fish and broccoli pie with sweetcorn





Vegetarian

Broccoli quiche, mashed potato and baked beans

Channa aloo, mixed vegetable pilau and masoor dhal

Chickpea fritters, sweet potato mash and sweetcorn

Mixed bean casserole, new potatoes and petits pois

Stuffed peppers, potato salad, and beansprout and cherry tomato salad

Wholemeal pasta, vegetarian Bolognese sauce and broccoli

Teas

Beef

Mini meat balls, mashed potato and baby sweetcorn

Chicken

Chicken and vegetable couscous with mixed salad

Chicken risotto and red pepper sticks

Chicken strips, wholemeal toast, red pepper and green salad

Fish

Sardines on toast with cherry tomatoes

Summer salmon salad with cucumber and pepper sticks

Tuna and sweetcorn pasta with cucumber and pepper sticks

Vegetarian

Bean burger with tomato and lettuce salad

Brown roll with houmous, mozzarella balls, green beans and carrots

Cheese on toast with cucumber and pepper sticks

Creole jambalaya with pitta

Fruity couscous with chickpeas, and mixed salad

Jacket potato with cheese, spring onion and carrots

Mini egg and cress sandwiches with cherry tomatoes and lettuce

Ratatouille with chickpeas, baby jacket potato and Cheddar cheese

Savoury omelette and mixed bean salad

Spicy chickpea salad with chapatti and cucumber and carrot sticks

Spicy chickpea salad, wholemeal pasta and cucumber and carrot sticks

Spicy ratatouille, tofu and flatbread

Vegetable and butter bean risotto, with mixed salad and coleslaw

Desserts

Apricot fool with chopped apricot

Baked apple

Banana custard

Banana flapjack with yoghurt (for dipping)

Bread and butter pudding with custard

Carrot cake

Chinese fruit salad

Crunchy apple bake

Crunchy apricot and pear layer

Fresh fruit salad

Mango sorbet

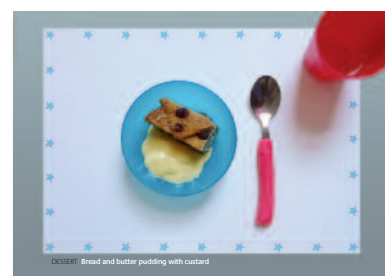
Orange jelly with mandarins

Rhubarb crumble with custard

Rice pudding with sultanas

Semolina pudding with chopped dates

Stewed fruit with Greek yoghurt



Note: All fruit and vegetables to be eaten uncooked need to be washed thoroughly.

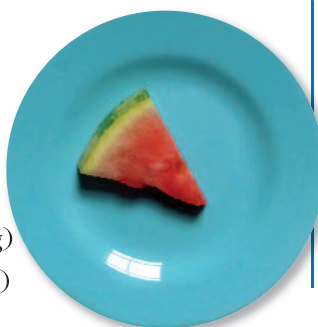
Individual foods: portion sizes for 1-4 year olds

The photos on pages 29-62 show individual foods, in portion sizes appropriate for 1-4 year olds. These photos can be used to help people identify foods and to see typical portion sizes, and can be used with children to talk about food.

List of photos: individual foods

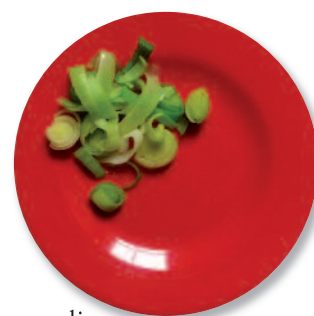
Fruits

Apple, green – slices (40g)
Apple, red – slices (40g)
Apricot (40g)
Apricots, canned in juice (70g)
Avocado (40g)
Banana (halved) (40g)
Blackberries (40g)
Blueberries (40g)
Cantaloupe melon (40g)
Cherries, canned (40g)
Clementine (40g)
Grapes, black (40g)
Grapes, white (40g)
Kiwi (40g)
Mandarins (canned) (40g)
Mango (40g)
Nectarine (40g)
Orange (40g)
Papaya (40g)
Peach (canned) (40g)
Peaches, canned in juice (70g)
Pears (40g)
Pears (canned) (40g)
Pineapple (40g)
Pineapple, canned in juice (70g)
Plums (40g)
Prunes (canned) (40g)
Raspberries (40g)
Strawberries (40g)
Watermelon (40g)



Vegetables

Baby carrots (40g)
Beetroot (40g)
Broad beans (40g)
Broccoli (40g)
Brussels sprouts (40g)
Butternut squash (40g)
Cabbage (40g)
Cauliflower (40g)
Celery sticks (40g)
Cherry tomatoes (40g)
Courgette (40g)
Cucumber (40g)
Green beans (40g)
Green pepper (40g)
Kale (40g)
Leeks (40g)
Lettuce (40g)
Mixed vegetables (broccoli, carrot and cauliflower) (40g)
Mushrooms (40g)
Parsnip (40g)
Petits pois (40g)
Plantain (40g)
Red pepper (40g)
Roasted vegetables (pepper, courgette, onion, cherry tomato) (40g)
Spinach (40g)
Swede (mashed) (40g)
Sweetcorn (baby) (40g)
Sweetcorn, canned (40g)
Tomato (raw) (40g)
Yellow pepper (40g)





Bread, other cereals and potatoes

Breads

Bagel (50g)
Chapatti (20g)
Pitta bread (white) (30g)
White toast (25g)
Wholemeal bread (25g)

Rice and other cereals

Couscous (80g)
Rice (brown) (80g)
Rice (white) (80g)

Pasta and noodles

Noodles (egg) (80g)
Pasta (baby) (80g)
Pasta penne (80g)
Spaghetti (white) (80g)

Potatoes

Jacket potato (90g)
New potato (slices) (80g)
Potato – chips (80g)
Potato – mashed (80g)
Sweet potato (80g)
Yam – mashed (80g)

Dairy foods

Cheddar cheese cubes (15g)
Edam cheese slices (15g)
Cottage cheese (30g)
Cheese triangle spread (18g)
Plain full-fat yoghurt (60g)
Custard (60g)

Meat, fish and alternatives

Meat and poultry

Chicken – poached (45g)
Beef (40g)
Pork (40g)

Fish

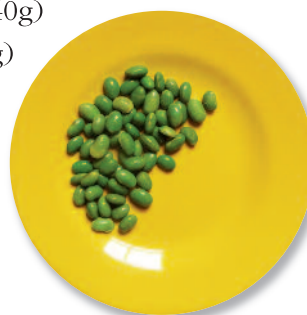
Canned sardine (40g)
Canned tuna (40g)
White fish (40g)
Salmon fillet (40g)

Eggs

Sliced boiled egg (50g)
Fried egg (50g)
Poached egg (50g)
Omelette (50g)

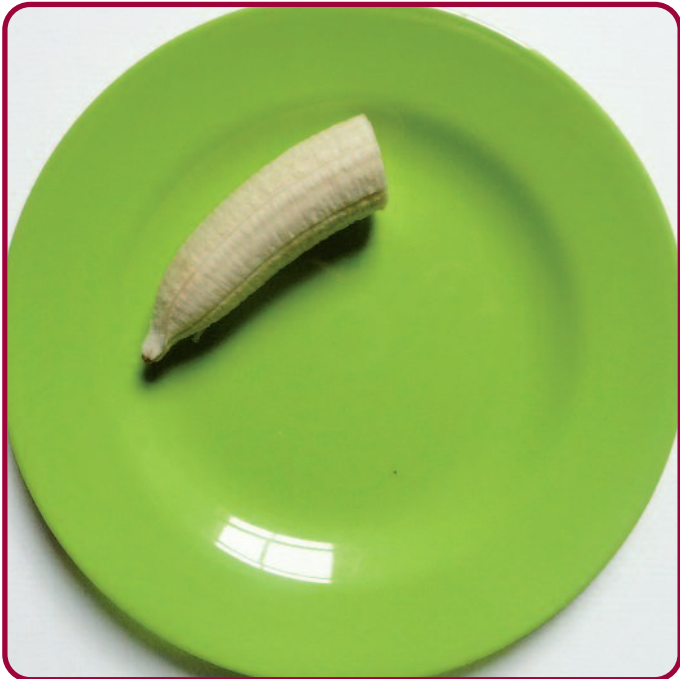
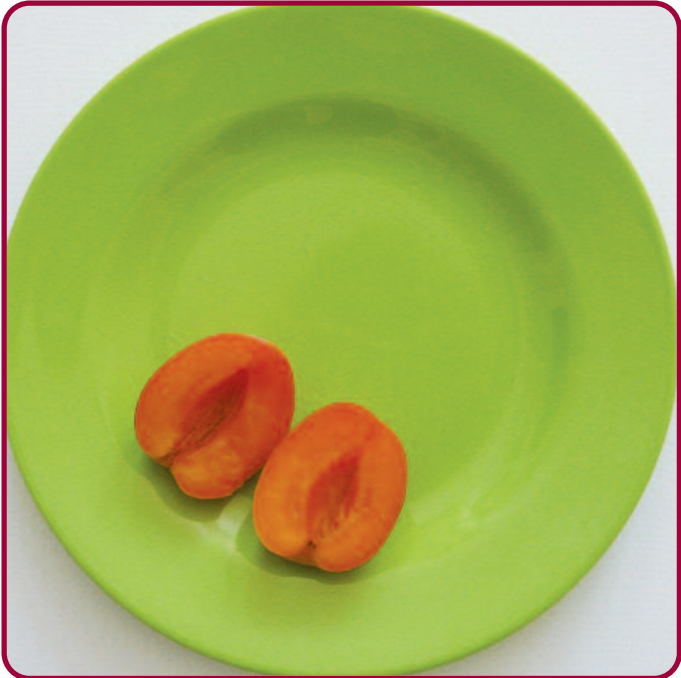
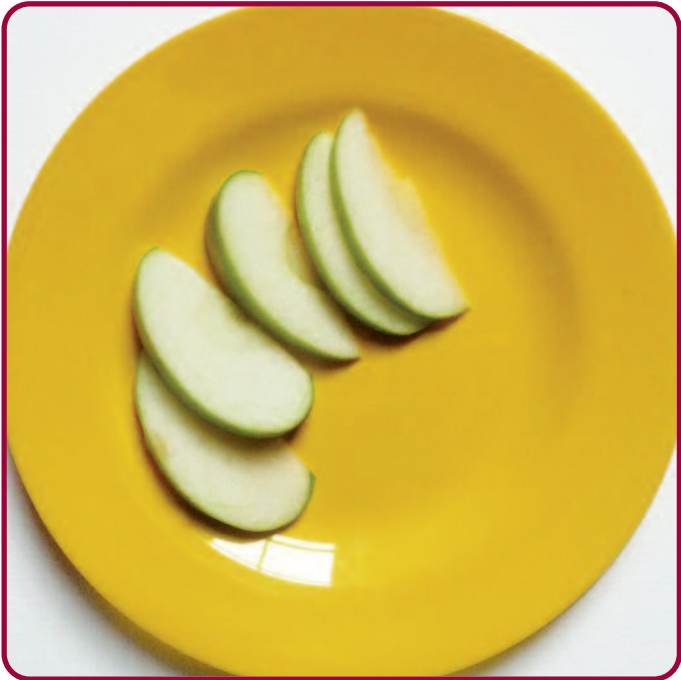
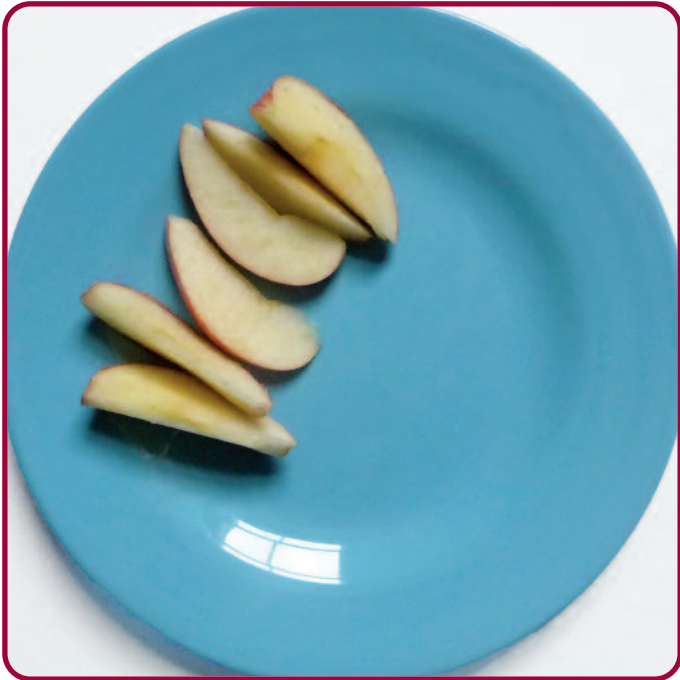
Beans and pulses

Baked beans (55g)
Chickpeas (40g)
Red kidney beans (40g)
Red lentils (40g)
Mini falafels (40g)
Houmous (40g)
Soya beans (40g)



Note: All fruit and vegetables to be eaten uncooked need to be washed thoroughly.

FRUITS



Apple, green – slices (40g)

Apple, red – slices (40g)

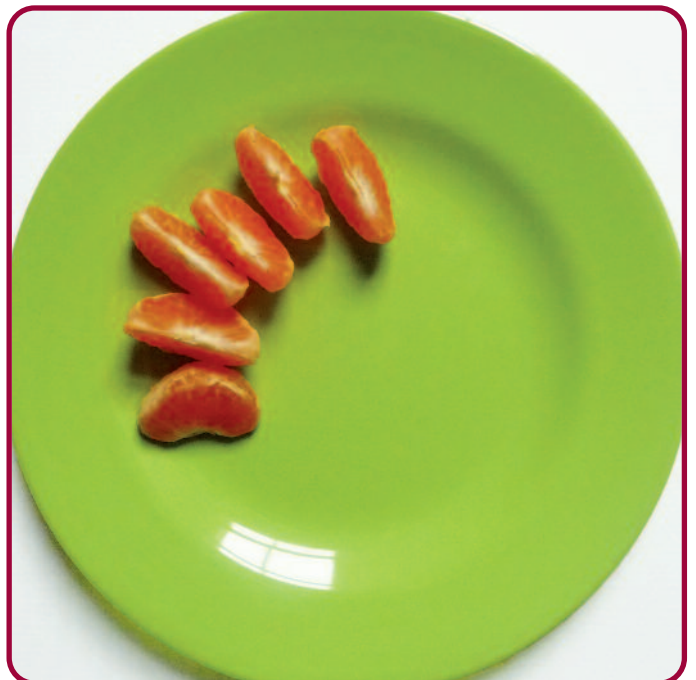
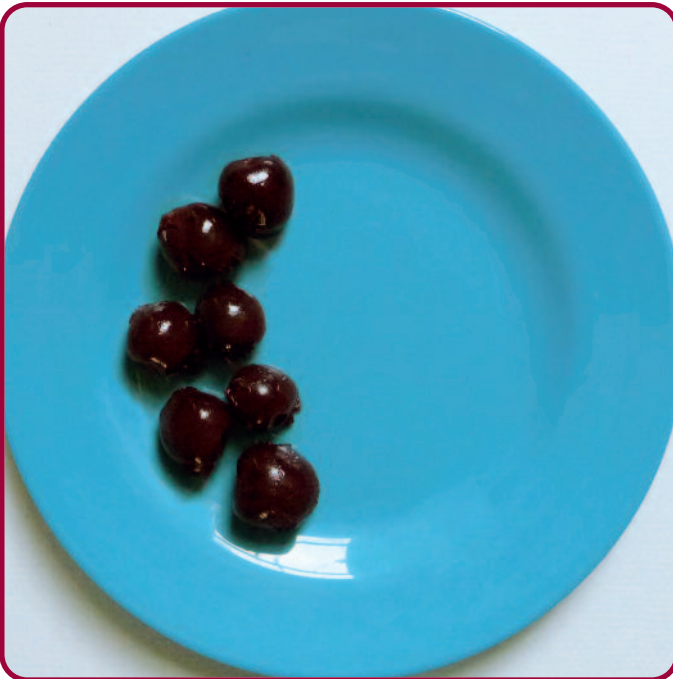
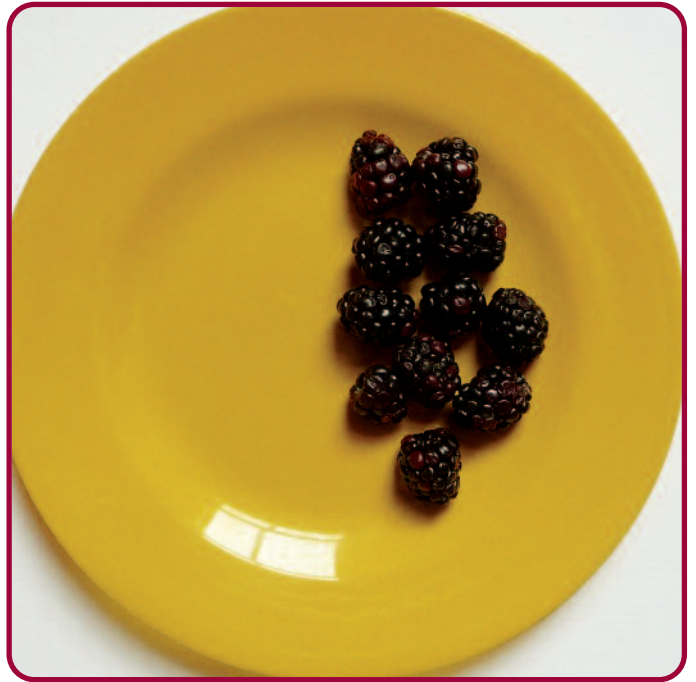
Apricot (40g)

**Apricots,
canned in juice (70g)**

Avocado (40g)

Banana (halved) (40g)

FRUITS



Blackberries (40g)

Blueberries (40g)

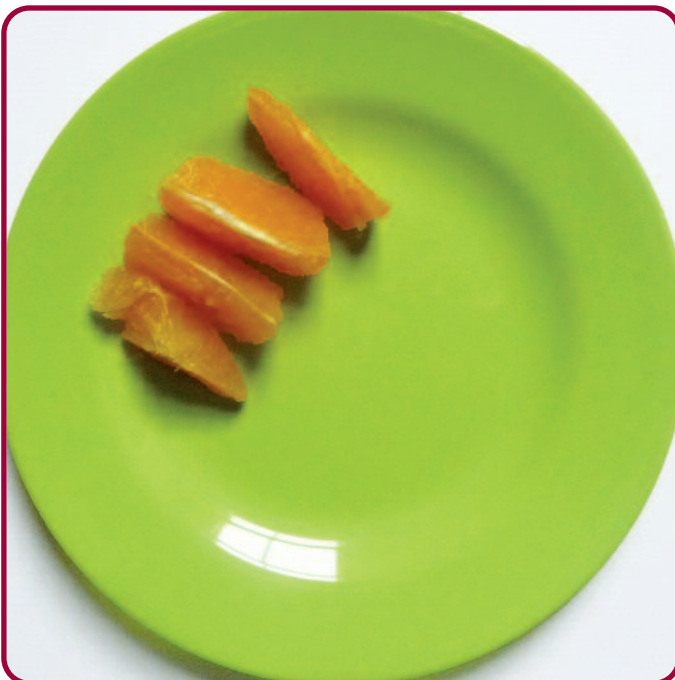
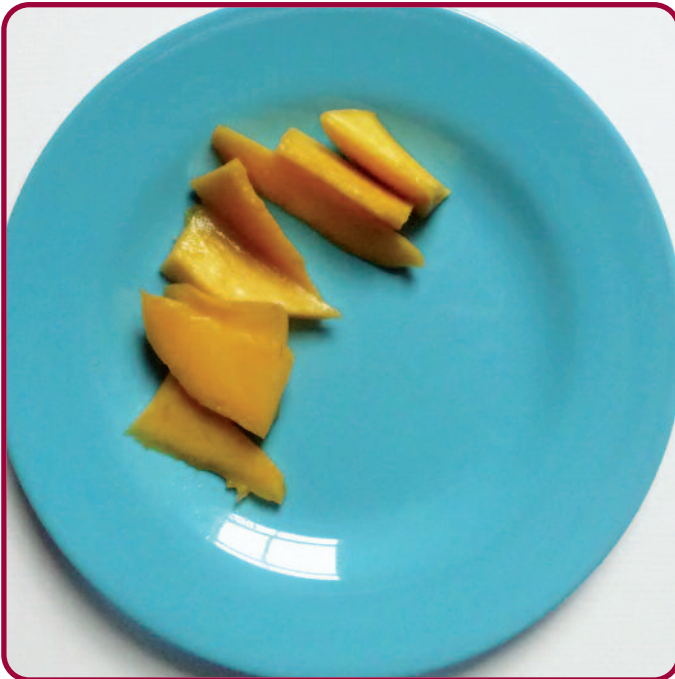
Cantaloupe melon (40g)

Cherries, canned (40g)

Clementine (40g)

Grapes, black (40g)

FRUITS



Grapes, white (40g)

Kiwi (40g)

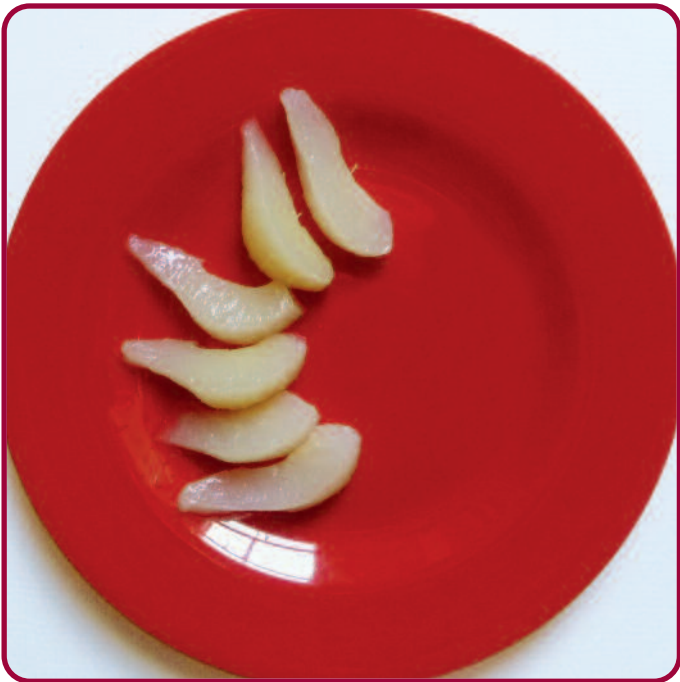
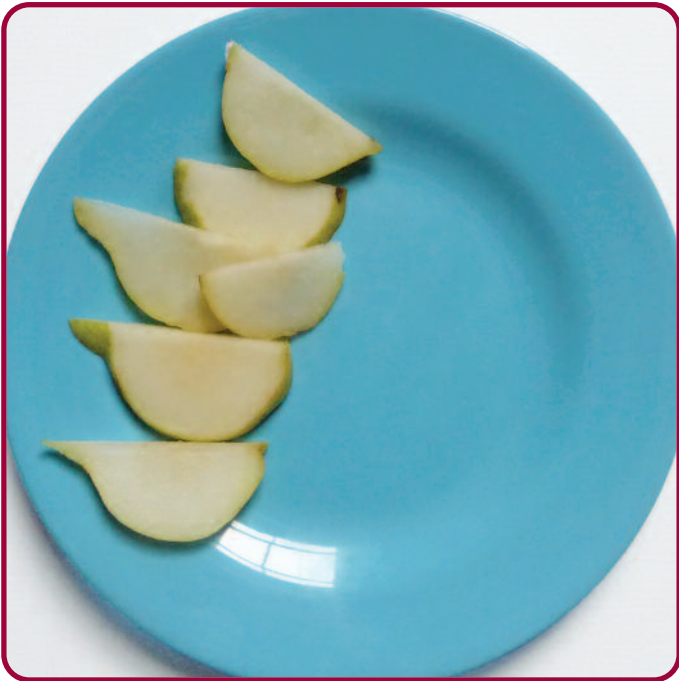
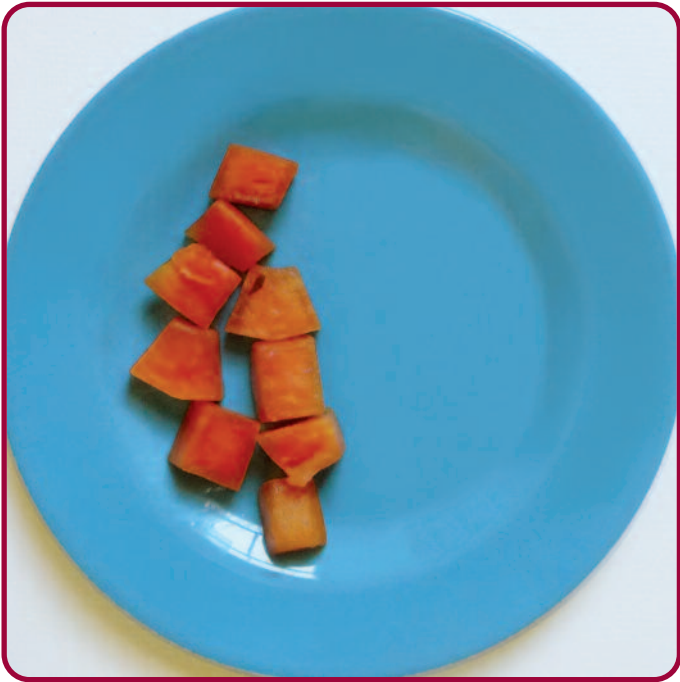
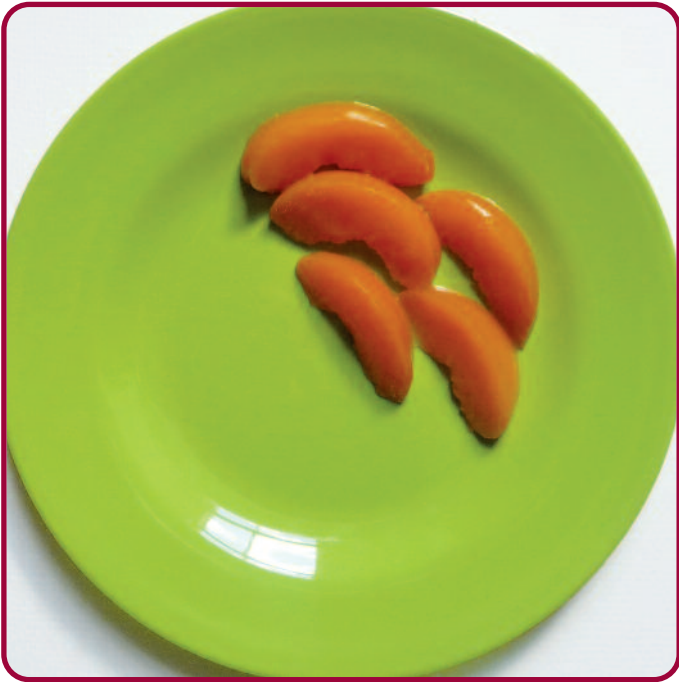
Mandarins (canned) (40g)

Mango (40g)

Nectarine (40g)

Orange (40g)

FRUITS



Papaya (40g)

Peach (canned) (40g)

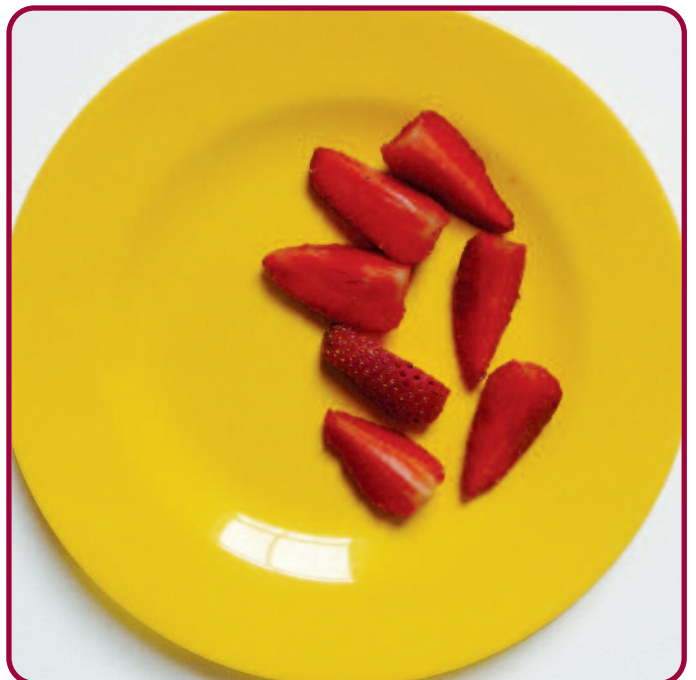
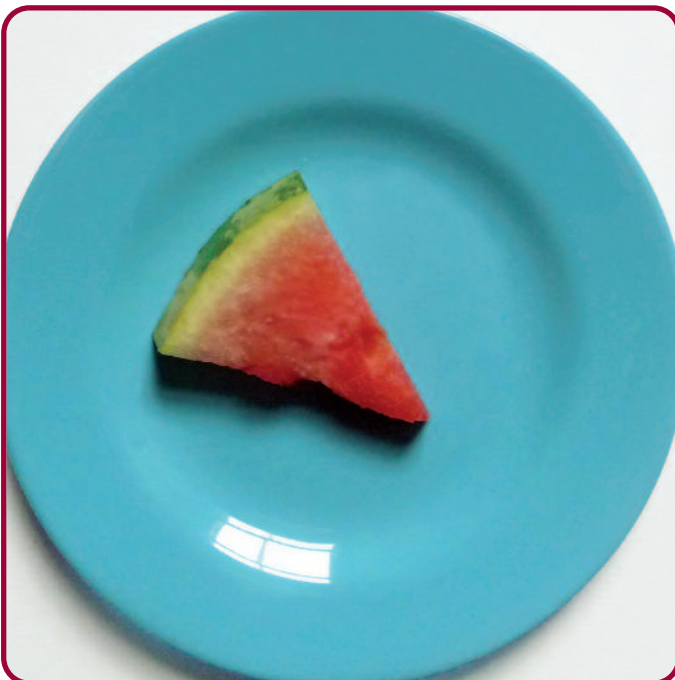
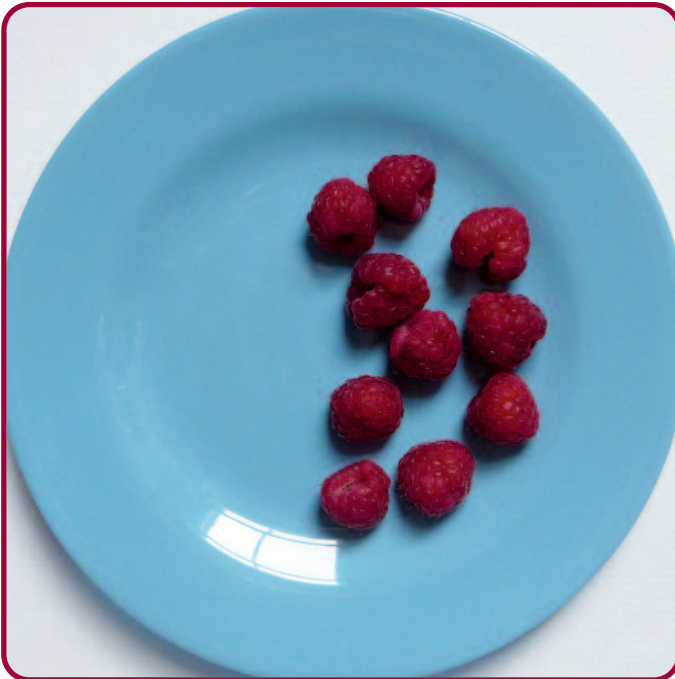
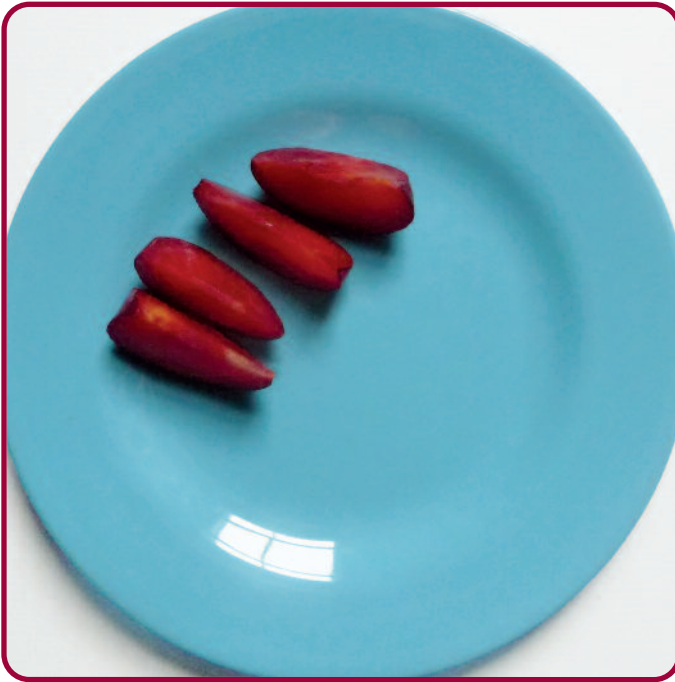
**Peaches,
canned in juice (70g)**

Pears (40g)

**Pears
(canned) (40g)**

Pineapple (40g)

FRUITS



**Pineapple,
canned in juice (70g)**

Plums (40g)

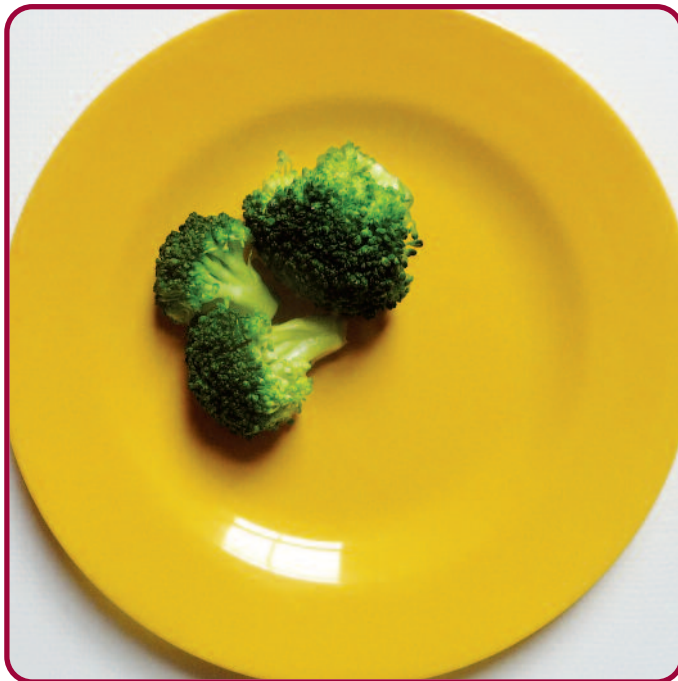
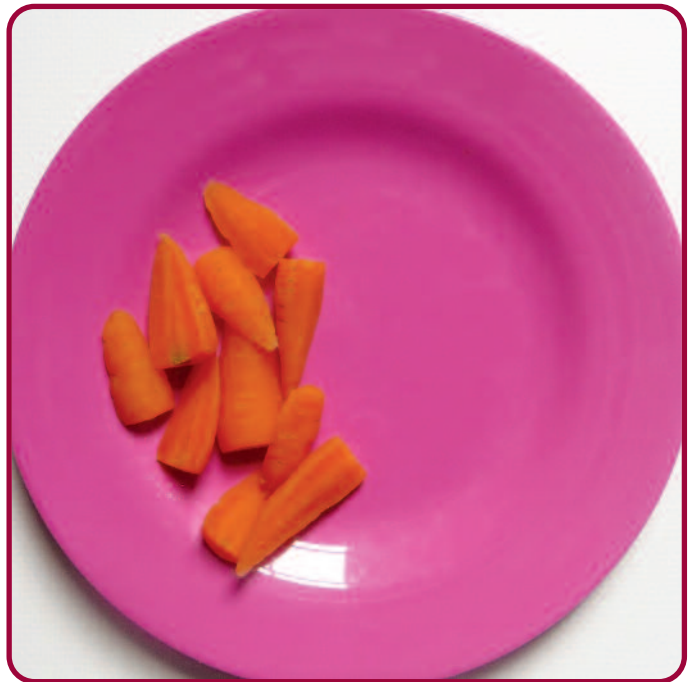
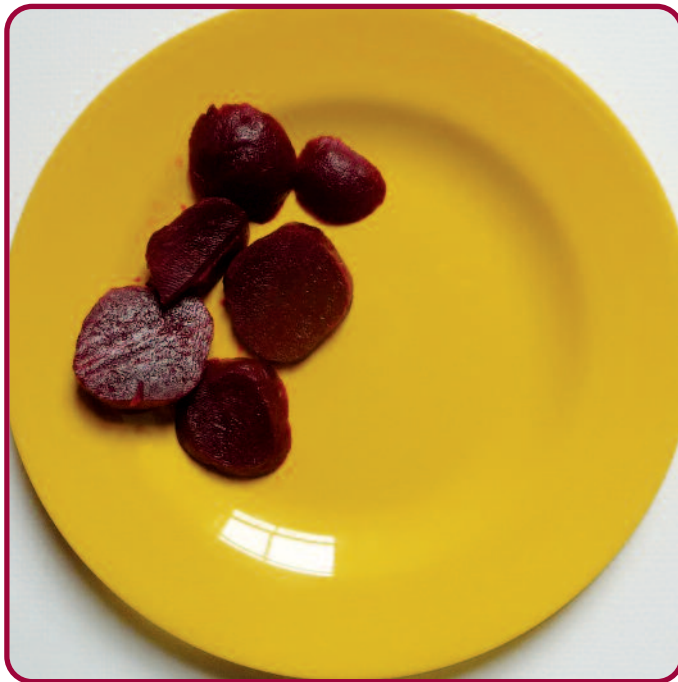
Prunes (canned) (40g)

Raspberries (40g)

Strawberries (40g)

Watermelon (40g)

VEGETABLES



Baby carrots (40g)

Beetroot (40g)

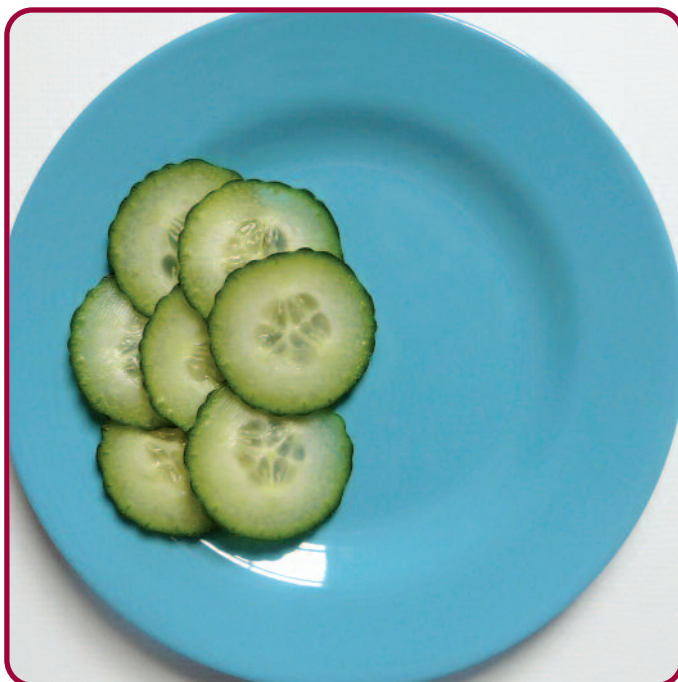
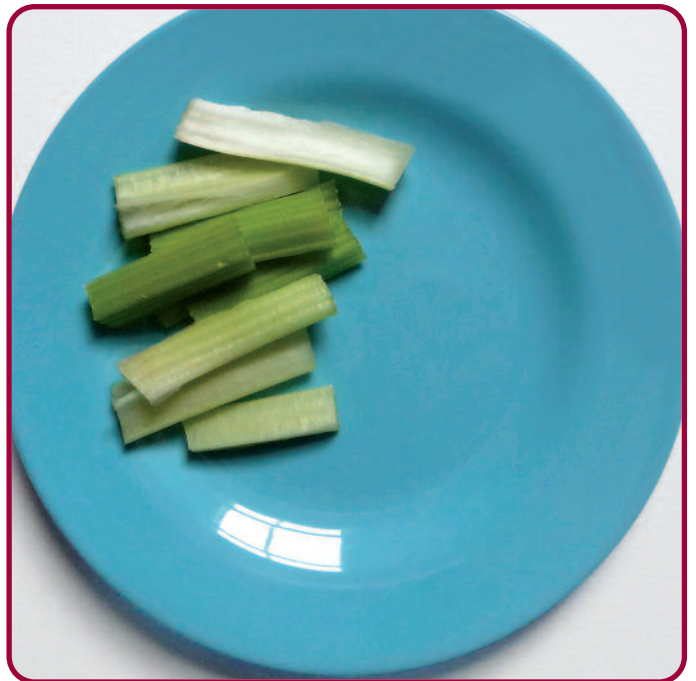
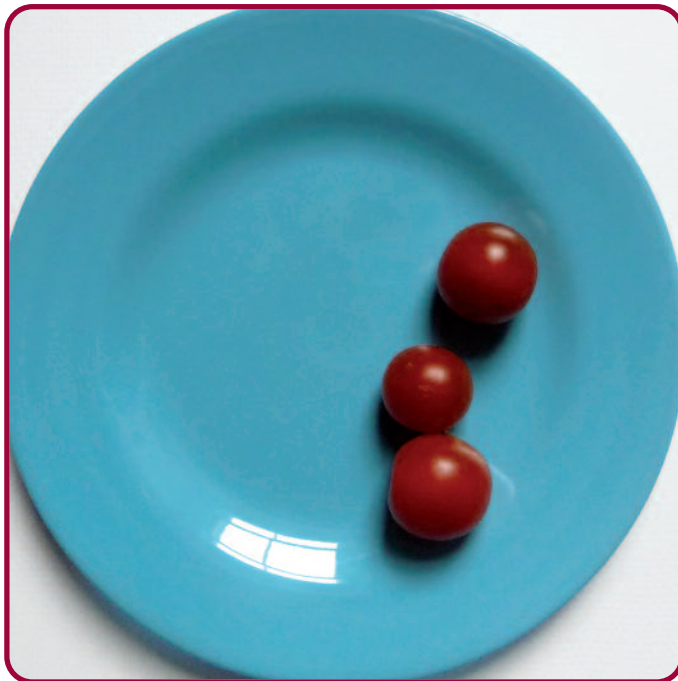
Broad beans (40g)

Broccoli (40g)

Brussels sprouts (40g)

Butternut squash (40g)

VEGETABLES



Cabbage (40g)

Cauliflower (40g)

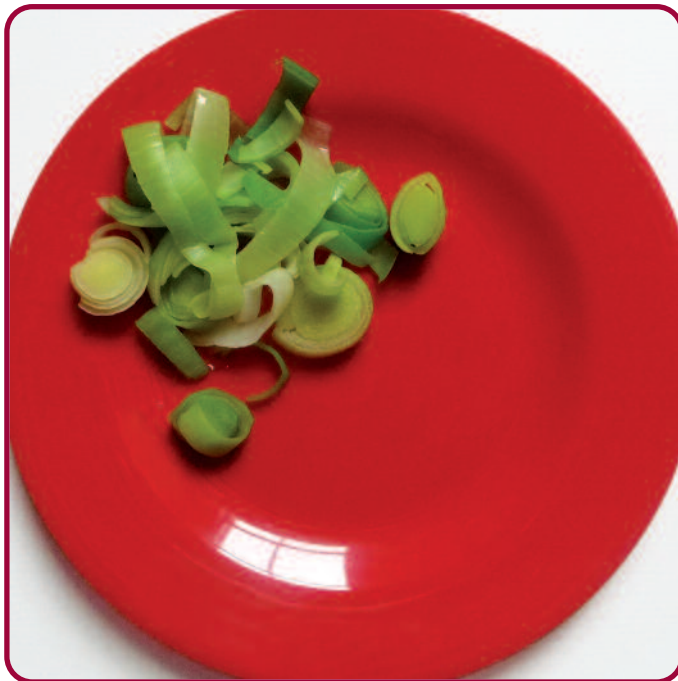
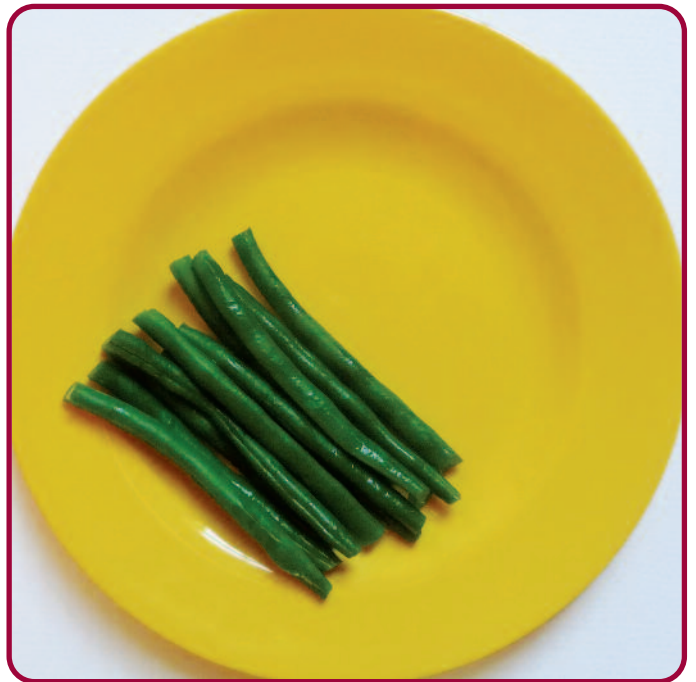
Celery sticks (40g)

Cherry tomatoes (40g)

Courgette (40g)

Cucumber (40g)

VEGETABLES



Green beans (40g)

Green pepper (40g)

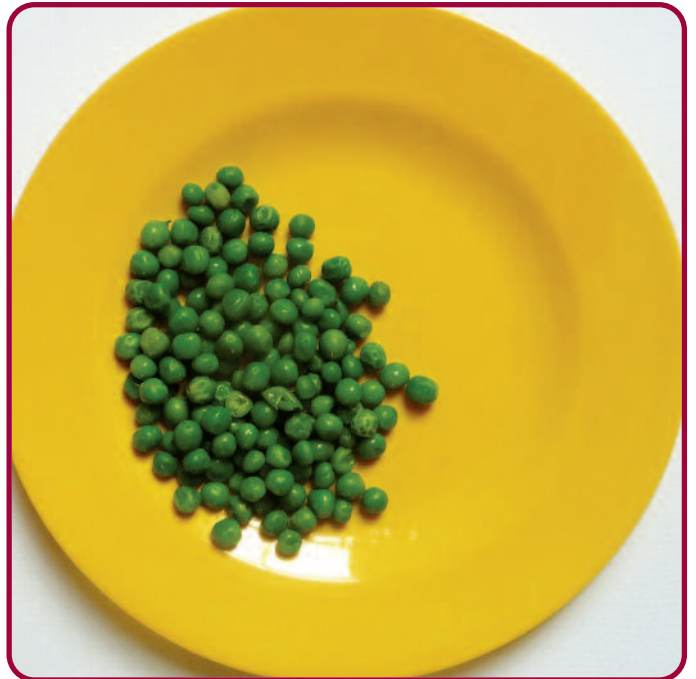
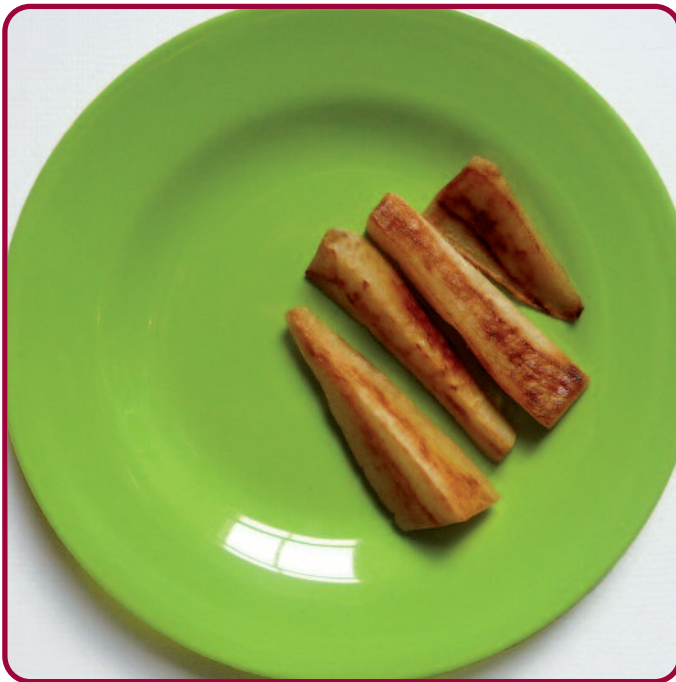
Kale (40g)

Leeks (40g)

Lettuce (40g)

**Mixed vegetables
(broccoli, carrot and
cauliflower) (40g)**

VEGETABLES



Mushrooms (40g)

Parsnip (40g)

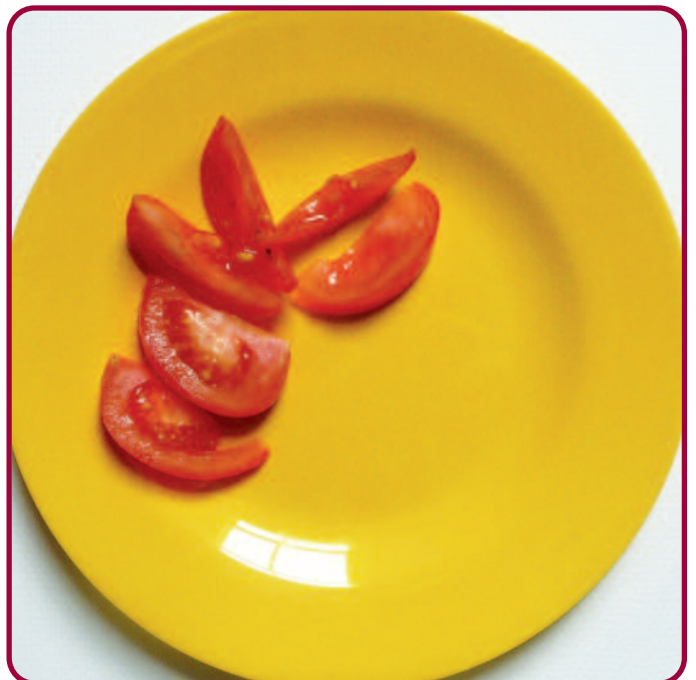
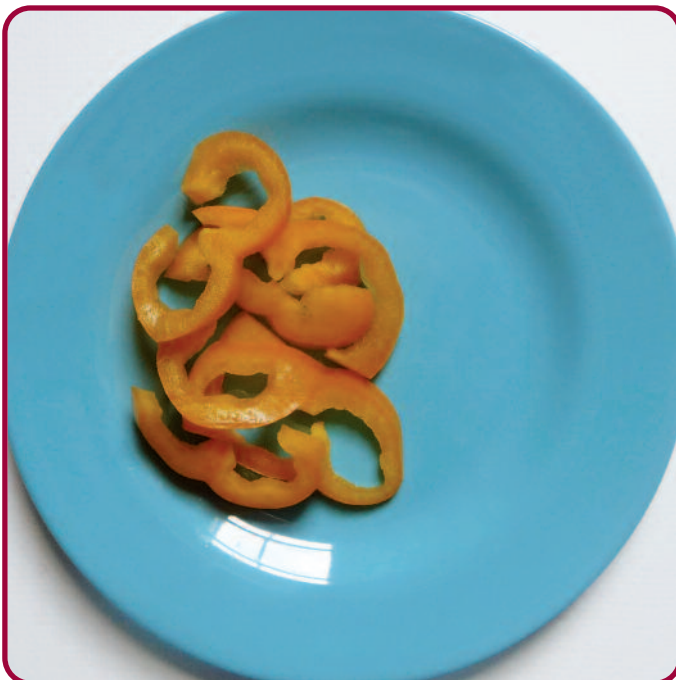
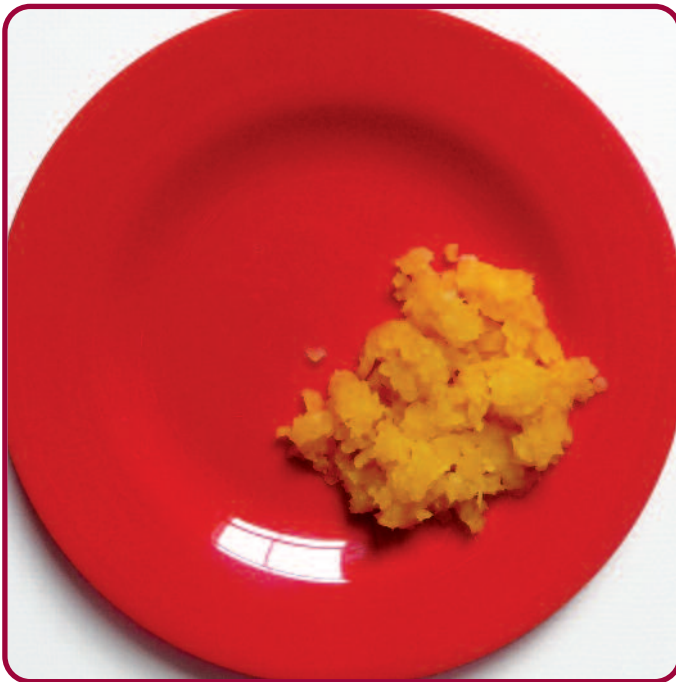
Petits pois (40g)

Plantain (40g)

Red pepper (40g)

**Roasted vegetables
(pepper, courgette, onion,
cherry tomato) (40g)**

VEGETABLES



Spinach (40g)

Swede (mashed) (40g)

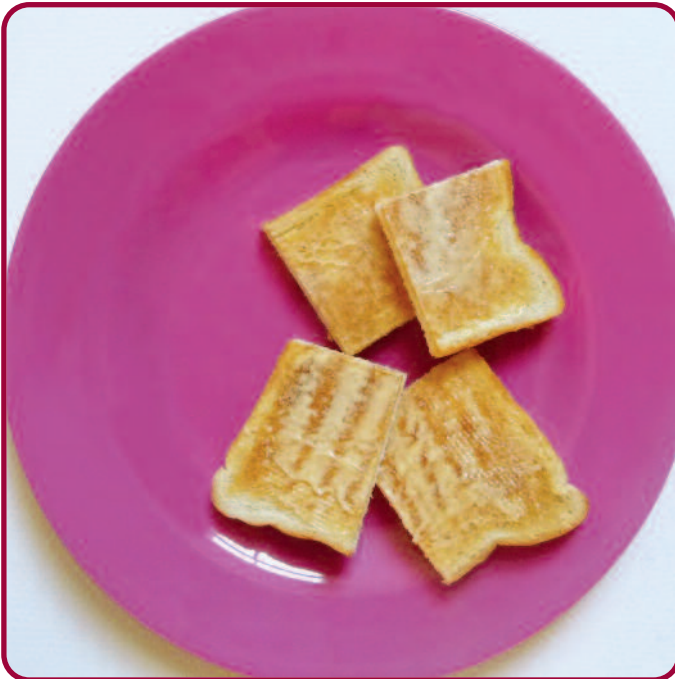
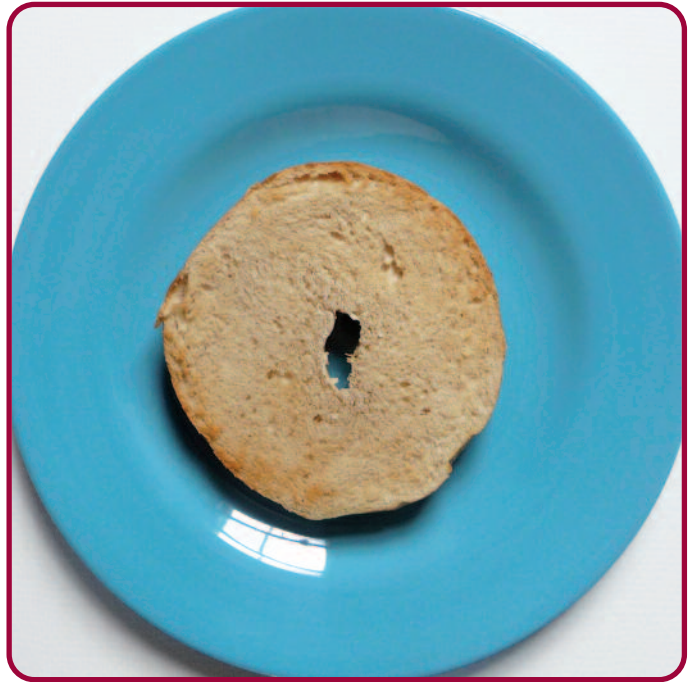
Sweetcorn (baby) (40g)

Sweetcorn, canned (40g)

Tomato (raw) (40g)

Yellow pepper (40g)

BREAD, OTHER CEREALS AND POTATOES



Bagel (50g)

Chapatti (20g)

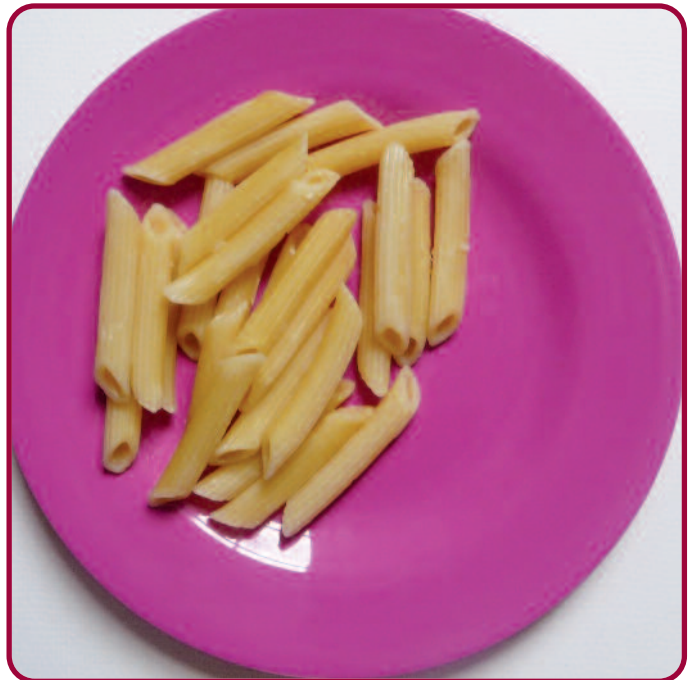
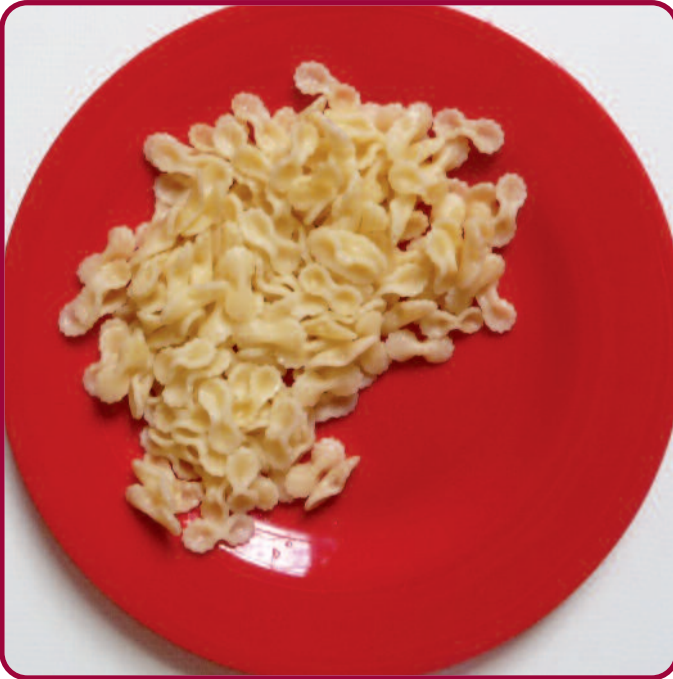
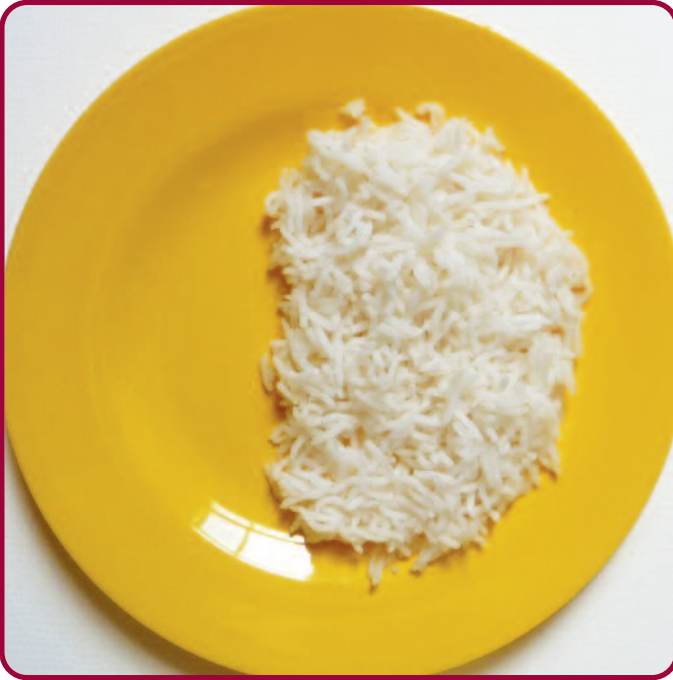
Pitta bread (white) (30g)

White toast (25g)

Wholemeal bread (25g)

Couscous (80g)

BREAD, OTHER CEREALS AND POTATOES



Rice (brown) (80g)

Rice (white) (80g)

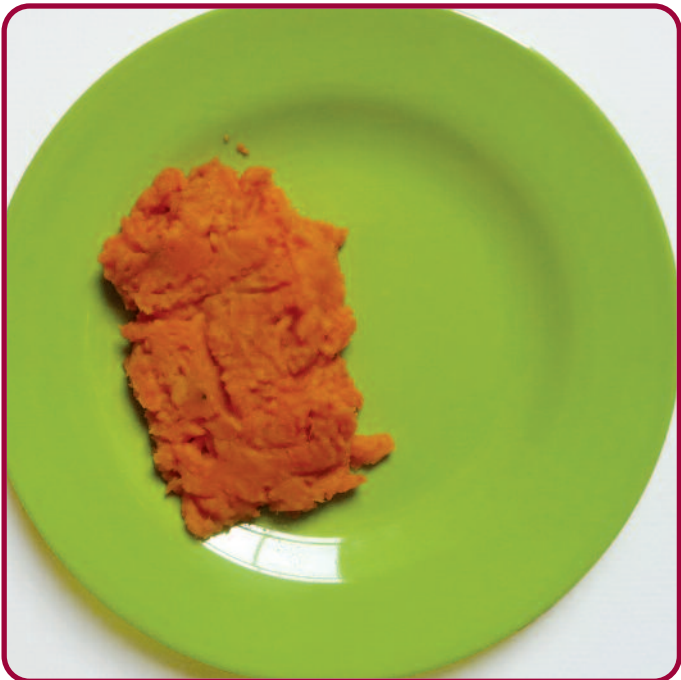
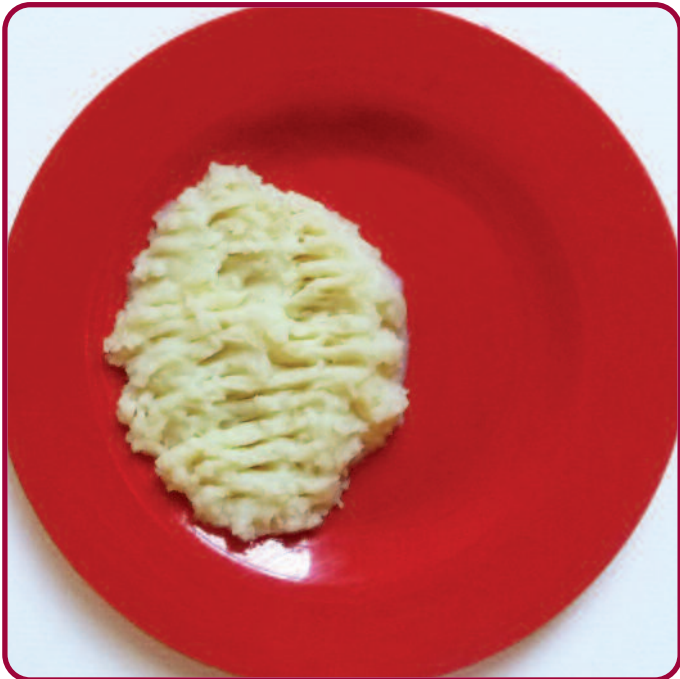
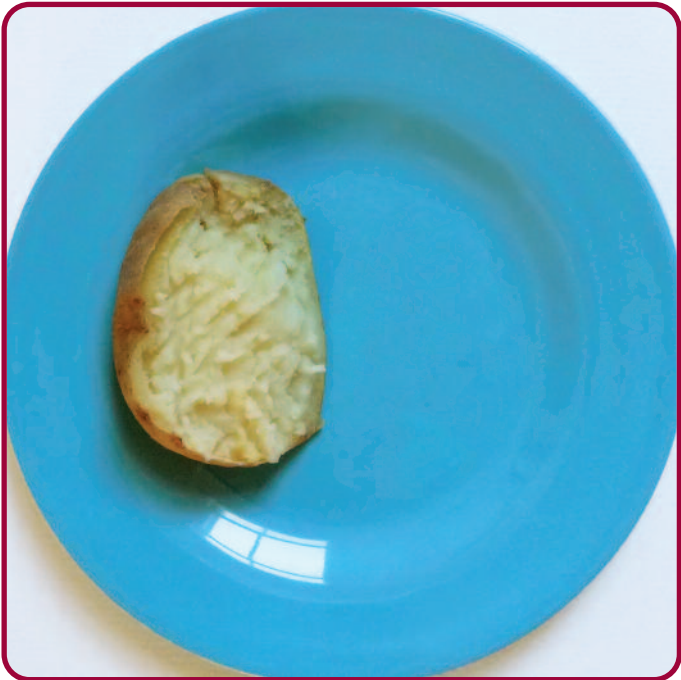
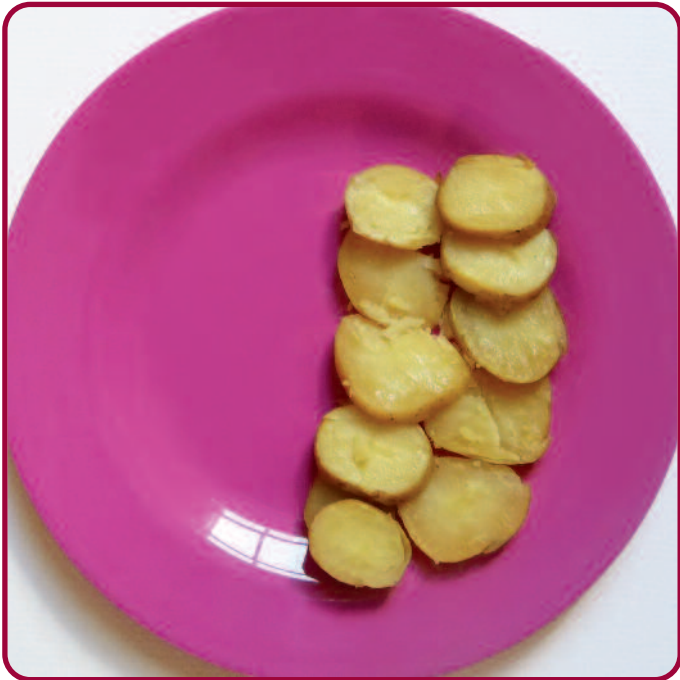
Noodles (egg) (80g)

Pasta (baby) (80g)

Pasta penne (80g)

Spaghetti (white) (80g)

BREAD, OTHER CEREALS AND POTATOES



Jacket potato (90g)

New potato (slices) (80g)

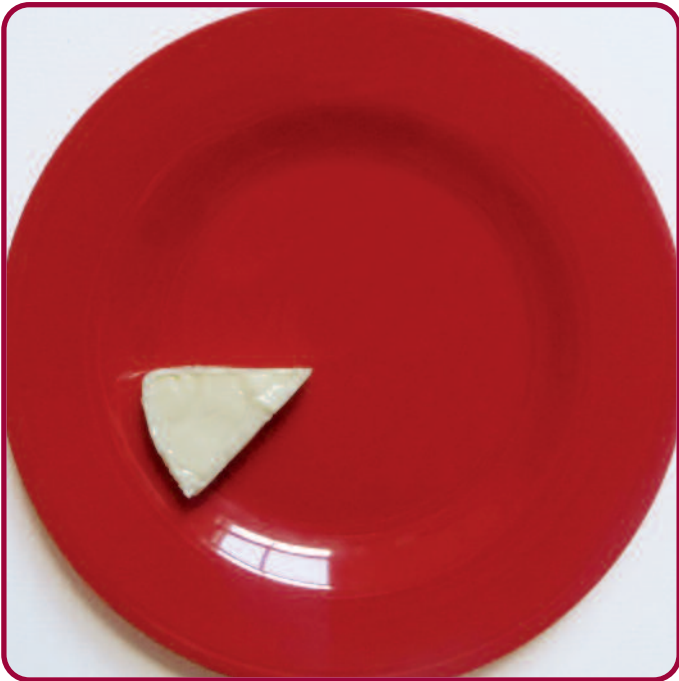
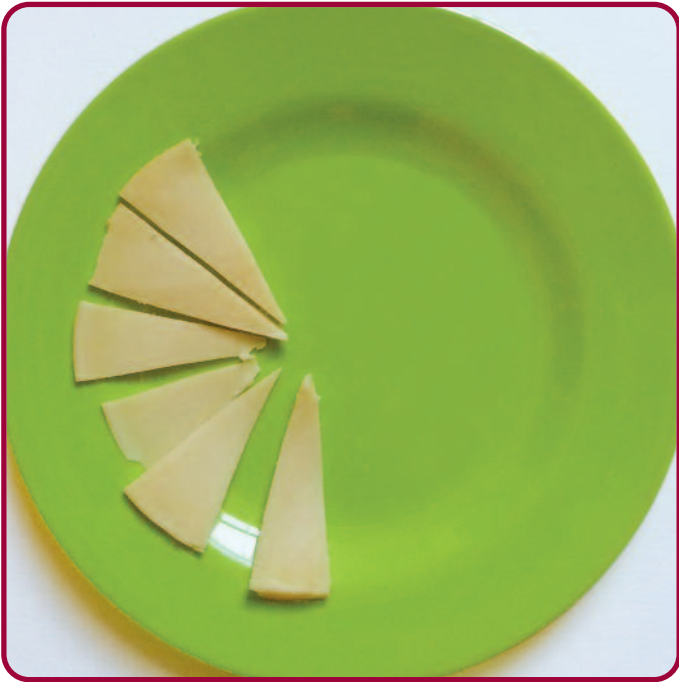
Potato – chips (80g)

Potato – mashed (80g)

Sweet potato (80g)

Yam – mashed (80g)

DAIRY FOODS



Cheddar cheese cubes (15g)

Edam cheese slices (15g)

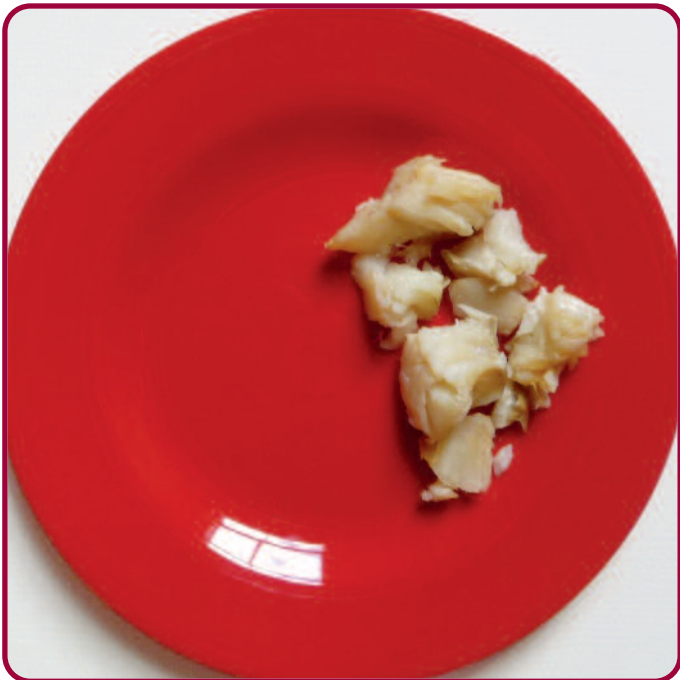
Cottage cheese (30g)

Cheese triangle spread (18g)

Plain full-fat yoghurt (60g)

Custard (60g)

MEAT, FISH AND ALTERNATIVES



Chicken – poached (45g)

Beef (40g)

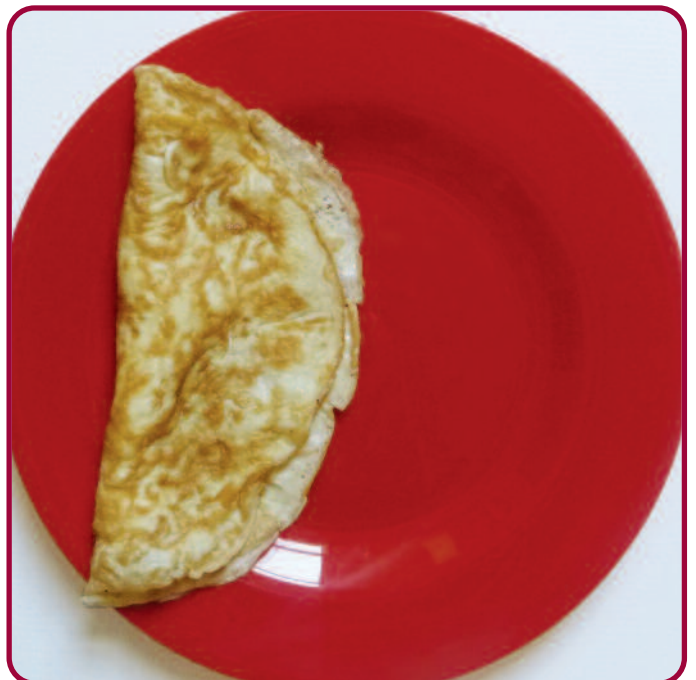
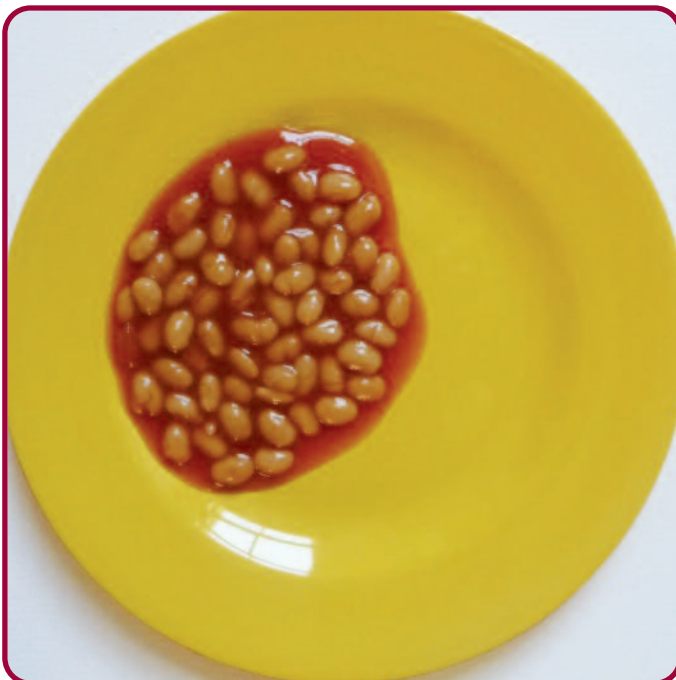
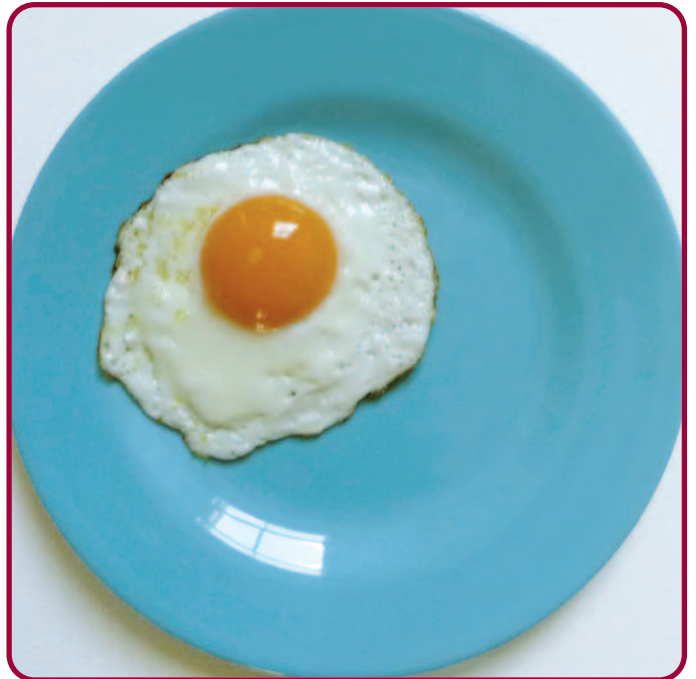
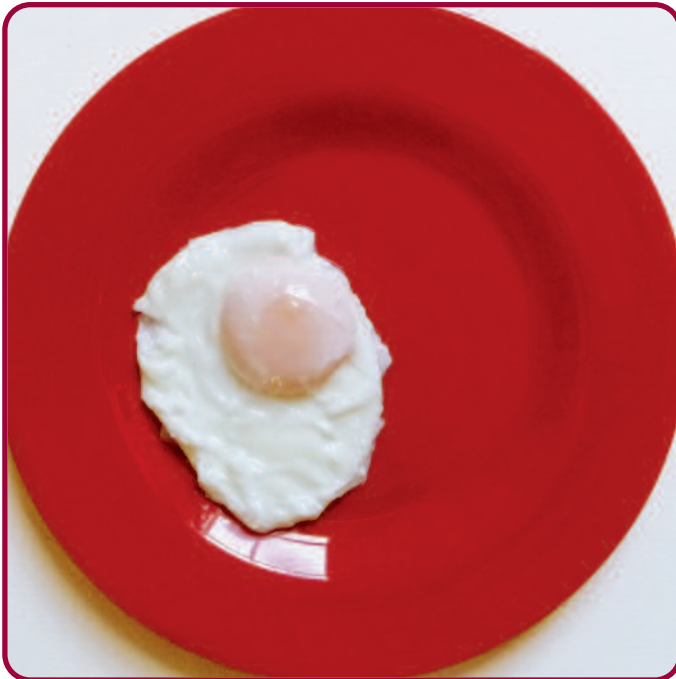
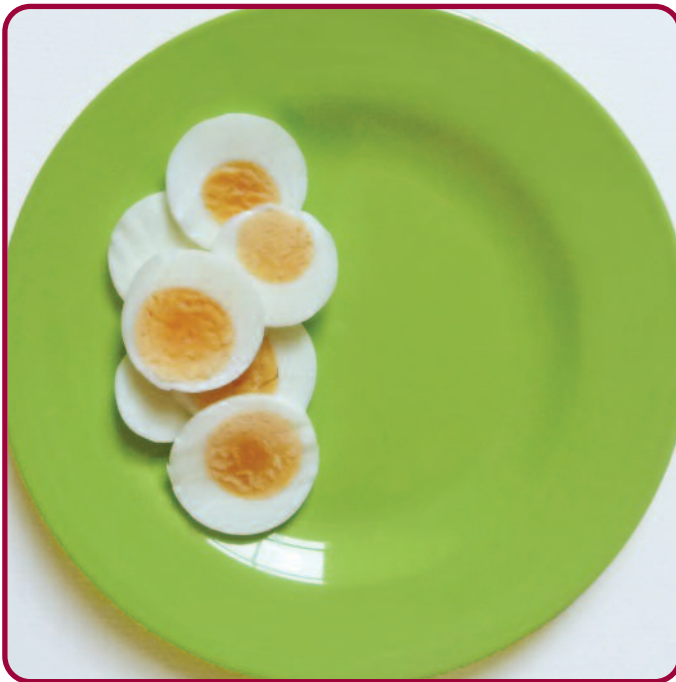
Pork (40g)

Canned sardine (40g)

Canned tuna (40g)

White fish (40g)

MEAT, FISH AND ALTERNATIVES



Salmon fillet (40g)

Sliced boiled egg (50g)

Fried egg (50g)

Poached egg (50g)

Omelette (50g)

Baked beans (55g)

MEAT, FISH AND ALTERNATIVES



Chickpeas (40g)

Red kidney beans (40g)

Red lentils (40g)

Mini falafels (40g)

Houmous (40g)

Soya beans (40g)



Additional information

Food-based guidance

In order to provide a good variety of foods in the proportions that are likely to ensure that all the nutrient needs are met, some simple food-based recommendations for 1-4 year olds are included here.

Food group	How much to serve?	Good choices	Notes
BREAD, OTHER CEREALS AND POTATOES	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, tortilla Potatoes or sweet potatoes – boiled, mashed, baked or wedges Yam, plaintain, cocoyam, cassava and other starchy root vegetables Pasta and noodles – wholemeal and white Rice – brown and white rice Other grains such as couscous or bulgur wheat, maize (polenta) and cornmeal Breakfast cereals – low-sugar, low-salt cereals such as porridge, puffed wheat, weet bisks, crisped rice or flaked wheat. Fortified cereals can be a good source of iron.	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. (If a food contains more than 10g of sugar per 100g, it is considered a high-sugar food.)
FRUIT AND VEGETABLES	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.	All types of fresh, frozen and canned vegetables – for example, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, mushrooms, parsnips, peas, peppers, spinach, swede, sweet potato, turnip All types of salad vegetables – for example, lettuce, watercress, 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, stewed dried fruit, stewed plums, stewed currants or stewed rhubarb Dried fruit such as raisins, dried apricots, dates, dried figs, prunes	Avoid vegetables canned with added salt and sugar. Do not overcook fresh vegetables, or cut them up a long time before cooking and leave them in water, or cook them early and re-heat before serving – as these practices all reduce the vitamin content. Avoid dried fruit with added sugar and vegetable oil. Serve dried fruit with meals and not as snacks.

Food group	How much to serve?	Good choices	Notes
MILK AND DAIRY FOODS	Foods from this group should be offered at 2-3 meals and snacks each day.	Milk – Whole milk should be served for under-2s. Over-2s can have semi-skimmed milk if they are good eaters. Cheese Yoghurt and fromage frais	Avoid unpasteurised milk and milk drinks with added sugar. 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.
MEAT, FISH AND ALTERNATIVES	Main meals should always contain an item from this group. Foods in this group are high in iron and can also be usefully served as part of snacks – for example in sandwich fillings.	Meat – all types including beef, lamb, pork, chicken and turkey Fish includes: • white fish such as cod, haddock, coley and white fish varieties from sustainable fish stocks such as pollack, saithe 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. Eggs – including boiled, scrambled or poached, or in an omelette Pulses – including all sorts of beans and peas such as butter beans, kidney beans, chickpeas, lentils, processed peas or baked beans Meat alternatives – such as soya mince, textured vegetable protein, Quorn or tofu	Avoid processed meat and fish products which are high in fat and salt, such as crumb-coated products, burgers, pies and canned meats. Some meat products such as sausages are popular with under-5s. Choose good-quality versions if you serve these foods, and serve them no more than once a week. 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. Processed products made from meat alternatives (eg. vegetarian sausages, burgers and pies) can be high in salt.

To increase the amount of dietary VITAMIN D

- Use vegetable fat spread fortified with vitamin D for baking and as a fat spread.
- Oil-rich fish – for example, herring, mackerel, pilchards, salmon, sardines, trout or roe – contain between 5-14 micrograms of vitamin D per 100g.
- Canned tuna fish can also make a significant contribution to vitamin D intake as it contains about 3.6 micrograms of vitamin D per 100g.
- Egg yolks are rich in vitamin D and eggs contain about 2.0 micrograms of vitamin D per 100g.
- Meat and poultry contribute small but significant amounts of vitamin D.

Think global – Act local

When buying food, consider the environmental impact of your food and drink choices and where possible buy local food in season and food from sustainable sources.

A guide to how those in early years settings can shop for, cook and manage food more sustainably – called *Sustainable Food: A Guide for Early Years* – can be found at www.cwt.org.uk/publications#sustain

For other information about sustainable food and educational resources related to food and the environment, see www.foodforlife.org.uk/resources



Good sources of vitamins and minerals

The table below shows a number of foods and drinks which are important sources of certain vitamins and minerals. These are based on average servings.

	EXCELLENT	GOOD	USEFUL
VITAMIN A	liver* liver sausage/pâté* carrots spinach sweet potatoes red peppers mango cantaloupe melon dried apricots	nectarine peach blackcurrants fresh or canned apricots watercress tomatoes cabbage (dark) broccoli Brussels sprouts runner beans broad beans vegetable fat spread butter cheese kidney	canned salmon herrings egg honeydew melon prunes orange sweetcorn peas whole milk
VITAMIN C	blackcurrants orange (and orange juice) strawberries canned guava spring greens green and red peppers (raw)	broccoli cabbage cauliflower spinach tomato Brussels sprouts watercress kiwi fruit mango grapefruit	potatoes green beans peas satsumas eating apples nectarines peaches raspberries blackberries
VITAMIN D	fortified breakfast cereals herrings pilchards sardines tuna canned salmon egg	liver* (other than chicken liver) liver sausage/pâté* vegetable fat spread	chicken liver* malted-style drinks
IRON	fortified breakfast cereals liver* kidney liver sausage/pâté*	wholemeal bread/flour weet bisks beef beefburger corned beef lamb sardines, pilchards soya beans chickpeas lentils spinach broccoli spring greens dried apricots raisins	white bread baked beans broad beans black-eyed peas blackcurrants salmon tuna herrings chicken and other poultry egg tofu

	EXCELLENT	GOOD	USEFUL
ZINC	liver* kidney lean meat corned beef	poultry canned sardines shrimps and prawns ham tofu wholegrain breakfast cereals, eg. puffed wheat, branflakes, weet bisks nuts	cold cooked meat canned tuna or pilchards eggs milk cheese beans and lentils brown or wholemeal bread plain popcorn sesame seeds
CALCIUM	green leafy vegetables sardines cheese tofu	pilchards yoghurt milk (all types) soya drink fortified with calcium cheese spread sesame seeds sesame paste ground almonds	canned salmon muesli white bread/flour peas, beans, lentils dried fruit orange egg yolk

* Liver, including liver paté, is very rich in vitamin A which can be harmful in large amounts. It is recommended that these foods are given to children no more than once a week.

A note about salt (sodium)

The recommendations for salt intakes among children under 5 were set by the Scientific Advisory Committee on Nutrition (SACN) in 2003. The target population averages – of 2g a day for children aged 1-3 years, and 3g a day for children aged 4-6 years – were based on calculated values, and the committee did not attempt to see if these figures were achievable when the sorts of varied and tasty foods we want children to eat were used in menus. They are very challenging standards to meet, and we believe that a further review of these figures is needed.

All the sample menus on pages 17-19 (plus the additional snack, as described on page 15) achieve the energy and nutrient intakes for all nutrients but have allowed for up to 125% of the current salt target levels per menu. This means that intakes of salt for 1-3 year olds in the sample menus may be up to 2.5g a day, and for 3-4 year olds up to 3.75g a day. To meet these figures still requires the choice of foods and recipes that are low in salt and these intakes are still likely to be lower than those typically achieved by most toddlers in the UK at present.

Resources

This section contains further information about menu planning and eating well for children aged 1-4 years.

Caroline Walker Trust publications

For details, see www.cwt.org.uk

Eating Well for Under-5s in Child Care: Practical and Nutritional Guidelines
Eating Well for Under-5s in Child Care: Training Materials for People Working with Under-5s in Child Care

Information and recommendations about eating well and practical menu planning, for use by individual child carers or by those offering training to owners, managers, catering staff, local authority staff, childminders, teachers and other carers in environments providing child care for under-5s. The training materials also include a CD-ROM with useful information about foods, recipes and menu planning.

For information about photo resources for children in the first year of life, for children aged 5-11 years and for young people aged 12-18 years, see the CHEW website.

www.cwt-chew.org.uk



Healthy Start

For information on the Healthy Start scheme, see www.healthystart.nhs.uk

NHS Choices

www.nhs.uk

For information on eating well for all population groups, see the *Live Well* section of this website.

The following publication can also be downloaded from the website:

Birth to Five: Your Complete Guide to Parenthood and the First Five Years of Your Child's Life (2008)

The School Food Trust

www.schoofoodtrust.org.uk

For information on food and drink provision in early years settings, do a search for 'early years' on this website.

NHS Health Scotland/Scottish Executive publications

Nutritional Guidance for Early Years: Food Choices for Children Aged 1-5 Years in Early Education and Childcare Settings

Scottish Executive, 2006

ISBN 0755947878

Available to download from www.scotland.gov.uk

Adventures in Foodland (2005)

Nutrition resource aimed at carers of pre-school children, especially carers of very young children in the 0-3 age group.

ISBN 1-84485-113-3

See www.healthscotland.com for more information.

Is Your Child a Fussy Eater? Leaflet (2003)

Available from www.healthscotland.com

Public Health Agency (Northern Ireland) publications

T: 028 9031 1611

The following publications can be downloaded from:

www.healthpromotionagency.org.uk/resources or 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 (2005)

Publications from the Welsh Assembly

Bilingual resources (in English and Welsh) have been produced by the Welsh Assembly Government and can be downloaded as PDF files from:

www.cmo.wales.gov.uk/content/publications/index-e.htm

Birth to Five: Your Complete Guide to Parenthood and the First Five Years of Your Child's Life (2008)

Food and Health Guidelines for Early Years and Childcare Settings (2009)

Publications from the British Dietetic Association Paediatric Group

www.bda.uk.com

Feeding the Vegetarian Child

Food for the Growing Years (2008)

Help – My Child Won't Eat! (2008)

Help My Child Gain Weight

Milk-free Advice

My Child Still Won't Eat

Books

Baby and Child Vegetarian Recipes

Carol Timperley

Ebury Press, London

ISBN 0091853001

Big Book of Recipes for Babies, Toddlers and Children

Bridget Wardley and Judy More

Duncan Baird

ISBN 1 84483 036 7

Feeding Your Toddler

Judy More (2008)

Teach Yourself Books, Hodder Education, London

Finger Food for Babies and Toddlers

Jennie Maizels

Vermilion

ISBN 0091889510

The Nursery Food Book

Mary Whiting and Tim Lobstein

Arnold (Hodder Headline)

ISBN 0340718943

Training in ‘eating well’ for early years

In the UK, registered dietitians (RD) and registered public health nutritionists (RPHNutr) are the professionals qualified to provide advice and training on good nutrition in public settings. For a list of qualified trainers across the UK, see the CWT website www.cwt.org.uk

Registered dietitians can be found via the British Dietetic Association:

www.bda.uk.com or via the website www.dietitiansunlimited.co.uk

Registered public health nutritionists can be found via the Nutrition Society:

www.nutrition society.org

How to print and use the food photos

The photos we have produced as part of this resource can be used in various ways to support children, families, early years workers and others to find out more about eating well. Having a set of food photo cards is very helpful to show the sorts of foods, and amounts of foods, that can be served to meet the energy and nutritional needs of children in this age group. There is a short film on the website www.cwt-chew.org.uk which shows how people can use the photos.

We have included in this book some examples of printed photo cards so you can see the sort of resource that you can have made up from the information on the CD-ROM included with this resource. If you produce your own photo cards, you could customise them for your own setting – for example, producing a front cover with the name or logo of the area or early years setting they will be used in.

How to get the food photo cards printed

- 1** The printer who printed this book and the example photo cards can make up sets of cards for you. You can buy one or more sets of all the cards on the CD-ROM, or choose specific sets of cards that you want to be made up (for example, all the lunches or all the teas). The cards will be laminated so that they are hard-wearing. The advantage of getting the cards from this printer is that the images will be of very good quality. To find out how to order these food photo cards, and for information about prices and delivery, see www.cwt-chew.org.uk
- 2** You can ask a local printer to make up sets of photo cards for you. Most printers will be able to create photo cards from the CD-ROM we have provided and if you show the printer the example cards from this pack this will help them to choose the right weight of paper and see how the images should be presented. Our photo cards are printed on 300gsm Lumi Silk and are gloss laminated. To get good-quality photo cards, you may have to work with the printer to ensure the images are clear and of the appropriate colour.
- 3** If you have a colour printer you could print the photo cards yourself and laminate them. The quality of printing may, however, vary and it can be difficult to create cards on a home printer.

What else can I do with the photos on the CD-ROM?

- 1** The CD-ROM also contains photos of the plates and bowls used in the food photo cards, as shown on pages 21-23 of this book. (These are in the PDF of the book.) You can print these out, and then cut out the plates and bowls and laminate them to show the actual size of the plates and bowls.
- 2** You can use the food photos in presentations by putting the pictures into Powerpoint slides.
- 3** You can print the photos onto posters or table mats to use in early years settings.
- 4** You can enlarge the food photo cards and recipes and laminate them for cooks to use in the kitchen, so they know what the food they are making will look like, and to give them some ideas on how to serve it.
- 5** You could create a set of recipes or a recipe book to use with families and others, to support them in providing good food for 1-4 year olds.

Example food photo cards and CD-ROM

We have included some example A5-size food photo cards that you can show to your printer, to demonstrate how the photo cards can be printed. The CD-ROM contains photos of all the dishes listed on pages 24-25 of this book. And you can use the PDF of this book (also on the CD-ROM) to print photos of the individual foods shown on pages 29-62.



THE CAROLINE WALKER TRUST

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Eating Well for 1-4 Year Olds: Practical Guide
(including accompanying CD-ROM). Second edition

www.cwt-chew.org.uk

