

Go for variety

for the one-to-fives

Food group	Examples	Quantity	Key nutrients	Tips
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, breakfast cereals, potatoes, pasta, rice, couscous, quinoa, noodles, chapattis and yams	At least one serving with each meal and as some snacks	Carbohydrate B vitamins Fibre	Small portions of these foods make great snacks Give a mixture of white, brown and wholegrain varieties. Wholegrain includes wholemeal bread and bread products, wholewheat pasta, brown rice, oats and wholegrain breakfast cereals
Fruit and vegetables	All fresh, frozen and tinned fruit (in natural juice) and vegetables (in unsalted water), and dried fruit	Aim for 5 a day - offer with each meal and some snacks.	Vitamins - especially vitamin A & C Dark green vegetables provide some iron Fibre	Dried fruit should be kept to mealtimes only as it has higher concentrations of sugar that can contribute to the development of tooth decay Vegetables can be easily added to soups and stews. Or some children prefer to eat their vegetables raw
Milk, cheese and yogurt	Milk, cheese, yogurt, fromage frais	3 portions of dairy a day: one portion is: 100-120ml (small glass) milk, 125g (small pot) of yogurt, 15g of cheese e.g. 1 heaped tablespoon of grated cheese	Calcium Protein Phosphorus Iodine	Milk can be used in custard, milk puddings, sauces and soups Try yogurts as a pudding or snack
Beans, pulses, fish, eggs, meat, tofu and nuts	Meat, poultry (e.g. chicken, turkey), fish (e.g. tuna, fish fingers), eggs, nuts*, seeds, pulses (e.g. peas, baked beans, chickpeas, lentils) and soya products such as tofu	Offer 2 servings each day for young children. Offer Vegetarian children 2-3 servings every day	Protein Iron (especially red meat and liver**)*) Other important vitamins and minerals including zinc and vitamin B ₆	Even small amounts of meat or oily fish are useful to help keep iron levels topped up Lean meat, tinned salmon, tuna, peanut butter*, houmous and eggs all make ideal sandwich fillings

*Nuts

Safety: children under five should not be given whole nuts because of the risk of inhaling and choking. Give nuts as crushed nuts, finely ground or nut butters.

Peanut allergy: The risk of an allergy is reduced if children begin eating peanut butter during weaning. Speak to your healthcare professional if you are planning on giving peanuts or foods containing peanuts for the first time when your child is already older than 12 months.

**Liver

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

