

# Go for variety

for the one-to-fives

Food group	Examples	Quantity	Key nutrients	Tips
Bread, rice, potatoes, pasta and other starchy foods	Bread, breakfast cereals, potatoes, pasta, rice, noodles, chapattis and yams	At least one serving with each meal and as some snacks	Carbohydrate for energy 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), pure fruit juice (diluted) and dried fruit	Aim for 5 'child-sized' portions a day. One portion is about the amount they can fit in the palm of their hand	Vitamins - especially vitamin C Dark green vegetables provide some iron Fibre	Fruit juices (diluted) and dried fruit should be kept to mealtimes only as they have 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 and dairy foods	Milk, hard cheese and yogurt	About 3 servings of milk (100-120ml) and dairy a day either as a drink, in milk-based dishes or as hard cheese, yogurt or fromage frais	Calcium for strong bones and teeth Protein for growth and development Phosphorus for energy release	Milk can be used in custard, milk puddings, sauces and soups  Try yogurts as a pudding or snack
Meat, fish, eggs, beans and other non-dairy sources of protein	Meat, poultry (e.g. chicken, turkey), fish (e.g. tuna, fish fingers), eggs, nuts*, seeds, pulses (e.g. peas, baked beans, chickpeas, lentils) and soya products such as tofu	Try to provide 2 servings each day for young children eating meat and fish or 2 or 3 servings of a variety of alternative protein sources each day for vegetarian young children	Protein for growth and development Iron (especially red meat and liver**) Other important vitamins and minerals including zinc and vitamin B <sub>6</sub>	Even small amounts of meat or fish are useful to help keep iron levels topped up  Lean meat, tinned salmon, tuna, peanut butter*, houmous and eggs all make ideal sandwich fillings

## \*Nuts

- **Safety:** children under five should not be given whole nuts because of the risk of inhaling and choking.
- **Peanut allergy:** as long as there is no history of food or other allergies in your family, you can give your toddler peanuts, as long as they are crushed or ground into peanut butter. Otherwise if your child already has a known allergy or there is a history of allergy in your child's immediate family (either parent or sibling) you should speak to your healthcare professional before you give peanuts or foods containing peanuts for the first time.

## \*\*Liver

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

