













FOOD GROUPS AND STANDARDS including PORTION SIZES

VEGETABLES AND FRUIT This food group is important because it is a good source of vitamins A and C, minerals such as zinc, iron and fibre.

			
Broccoli (40g)	Cauliflower (40g)	Parsnips (40g)	Kale (40g)
			
Diced cooked carrots, peas, beans (1-2 tablespoons or 40g)	Vegetable sticks such as carrot, cucumber (40g)	Cucumber slices (40g)	Red peppers slices (40g)
			
Pear or apple slices (40g)	Mixed berries, fresh or frozen (40g)	Banana slices (40g)	Fruit canned in natural juice 1-2 tablespoons (40g)

How much to serve	Good choices	Useful tips
<p>Offer a selection of different vegetables and fruits at meals and snacks 1 to 4 year olds should be encouraged to taste at least 5 different vegetables and fruits each day. 5-a-day</p> <p>Aim for 40g portions of vegetables and fruits for all 1 – 4 year olds at meals and snacks</p> <p>Avoid fruit juice and fruit juice drinks.</p>	<ul style="list-style-type: none"> • All types of fresh, frozen or canned vegetables • All types of salad vegetables • All types of fresh fruit • All types of canned fruit in it juice not syrup • Stewed fruit, if the fruit is sour try adding a sweeter fruit to sweeten eg rhubarb and apple or sweeten with a little natural fruit juice such as orange or apple juice or some chopped dried fruit – see below • Dried fruit: raisins, prunes, apricots, dates, figs only serve with a main meal, breakfast, lunch or tea not as a snack. 	<ul style="list-style-type: none"> • Avoid vegetables canned with added salt and sugar • To help preserve the vitamins: prepare vegetables close to cooking them, do not cut in advance and leave soaking in water and do not overcook them. • Serve them soon after cooking. • Buy fruit and vegetables in season and cook and freeze in batches for future use • Note: potatoes are a starchy food and do not count as one of the 5-a-day vegetable. But sweet potatoes, swede, parsnips, turnips do.

Potatoes, bread, rice, pasta and other starchy carbohydrates This food group is important because it provides energy, fibre and B vitamins

			
Pitta bread 1/2 , 30g	Wholemeal bread 25g	Oatcakes 2, 16g	Rice cake 1, 10g
			
Jacket potato 80g	New potatoes 80g	Mashed sweet potatoes 80g	Mashed potatoes 80g
			
Spaghetti 80g	Brown rice 80g	Brown pasta spirals 80g	Couscous 80g
			
Porridge oats 15g with 100mls milk	Puffed wheat 15g & 100mls milk	Wheat Bisks 20g & 100mls milk	Shredded wheat 1 bisk 12g & 100mls milk

How much to serve	Good choices	Useful tips
<p>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.</p>	<p>All types of bread: 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.</p>	<p>Look for lower-salt breads (labelled green (low) or amber (medium) in salt Limit processed foods and cook from scratch wherever possible Avoid processed potato products like waffles or smiley faces.</p>

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How much to serve	Good choices	Useful tips
<p>Whole grain and high fibre No specific recommendations are made for children aged under 2 years, but as the diet becomes more varied, increasing amounts of whole grains, pulses, fruits and vegetables are encouraged to provide a range of fibre in the diet.</p>	<p>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 – lower sugar, low-salt cereals such as porridge, puffed wheat, wheat bisks, crisped rice or flaked wheat.</p>	<p>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.</p>

Beans, pulses, fish, eggs, meat and other proteins. This food group is important because it provides protein, iron & zinc. Oily fish provides omega 3 fats, vitamin A and Vitamin D

			
Chicken slices 45g	Minced beef 40g	Diced pork 40g	Turkey mince 40g
			
Canned tuna 40g	White fish 40g	Sardines 50g	Salmon fillet 40g
			
Boiled egg 50g	Scrambled eggs 50g	Mixed beans 40g	Baked beans 55g









How much to serve	Good choices	Useful tips
<ul style="list-style-type: none"> • Provide one portion of beans, pulses, fish, eggs, meat or other proteins at main meals - lunch and tea. • Foods in this group are high in iron and zinc and can also be usefully served as part of snacks once or twice a week, for example as sandwich fillings. • Provide a variety across the week. • Provide a minimum of one lunch and one tea for all children each week using pulses or meat alternative. • Aim to serve oily fish once a week. • Serve correct portion sizes. (see portion size guide) • Good quality*processed meat, and processed fish products should not be served more than twice a week in total. • Serve Vegetarians 2–3 portions of beans, pulses, eggs, or other meat alternative across the day and ensure variety e.g. bean and tomato gnocchi bake, rice cakes and hummus, pea and potato omelette. 	<p>Meat – all types including beef, lamb, pork, chicken and turkey</p> <p>Fish includes:</p> <ul style="list-style-type: none"> • 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. <p>Canned tuna does not count as an oil-rich fish but is a good source of nutrients.</p> <p>Eggs – including boiled, scrambled or poached, or in an omelette</p> <p>Pulses – including all sorts of beans and peas such as butter beans, kidney beans, chickpeas, lentils or baked beans</p> <p>Ground nuts – such as smooth peanut butter, cashew or almond butter</p> <p>Crushed seeds or ground seeds – such as sunflower seeds, pumpkin seeds or tahini</p> <p>Meat alternatives – such as soya mince/ textured vegetable protein, Quorn or tofu used in preparation of homemade dishes.</p>	<p>Avoid processed meat and fish products that are high in fat and salt, such as crumb-coated products, burgers, pies, sausages and canned meats.</p> <p>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.</p> <p>Eggs stamped with the British Lion mark can be eaten raw or lightly cooked. All other eggs (including non-hen’s eggs) should be cooked until the white and yolk are firm.</p> <p>Look for canned pulses with no added salt and sugar. Pulses can also be used to replace some of the meat or fish in dishes such as casseroles or curries.</p> <p>Choose lower-salt and low-sugar baked beans (labelled green (low) or amber (medium) in salt & sugar.</p> <p>Avoid processed meat alternatives (such as vegetarian sausages, burgers and pies), as these can be high in salt.</p> <p>NB limit Quorn™ and soya-based meat alternatives to two times a week**</p> <p>For Vegans – see special diet section.</p>

*Products that are labelled lower in salt and fat (amber and green), and meat products containing at least 70% meat.

** these protein sources are low in fat & not a good source of iron for young children

Processed food: This term can be confusing as it means any food that has been altered in some way during preparation such as baking or freezing, e.g. bread, breakfast cereals, tinned vegetables can be healthy choices.

Some processed foods are less healthy because of the amounts of sugar, salt and fat added during processing, e.g. pies, cakes, sugary cereals, crisps. Check the labels to choose healthier ones. With young children it is very important as it is easier to go over the recommended amounts of salt, sugar and it is important to avoid certain additives. See section of food labelling and buying healthier products.

Dairy and alternatives: This food group is important because it is a good source of energy, protein, calcium and vitamin A			
			
Full-fat milk (blue top) 150-200mls	Plain yogurt full-fat or Greek 60g	Cheddar cheese 15g	Cottage cheese 30g
			
Soft full fat cheese 20g	Cheese triangle 18g	Mozzarella 20g	Edam 15g

How much to serve	Good choices	Useful tips
<p>Foods from dairy and alternatives group should be offered at 2-3 meals and snacks each day, including those provided at home. Can provide 1 portion as a snack</p>	<p>Breastmilk 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.</p> <p>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, hemp or coconut milk can be used. For more information on milk, see the next page.</p> <p>Cheese: Cheese is high in salt, so use in small amounts.</p> <p>Plain yoghurt and fromage frais: Choose plain, full-fat, unsweetened versions. Soya milk based or coconut milk based alternatives are available for those on dairy-free diets.</p>	<p>Mothers should be supported to continue to breastfeed in early years settings, or provide expressed breastmilk if they wish to do so. Avoid unpasteurised milk. Avoid milk drinks with flavours and added sugar. Avoid growing up milks or toddler milks.</p> <p>Do not serve rice milk to children under 5 years.</p> <p>All milk alternatives (including soya milk alternative) are much lower in energy, and can be lower in some important nutrients, than full-fat animal milk, so care needs to be taken that the rest of the diet provides adequate energy. Choosing plant-based milks for very young children may compromise their energy and nutrient intake, and families should be encouraged to seek advice.</p> <p>Avoid unpasteurised cheese and mould-ripened (blue-vein) cheeses. Vegetarian cheese is available if needed.</p> <p>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.</p>