

Eating well for 1 - 4 year olds

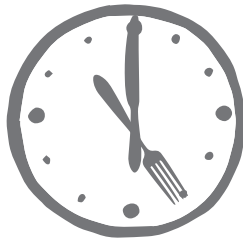
The Three Golden Rules

1



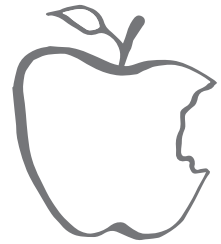
Base meals and snacks around **minimally processed** and natural foods

2



Mealtimes matter: take your time, make eating a happy event, be a good role model in how you eat yourself

3



Avoid ultra-processed foods – if there are more than a handful of ingredients on the label, put it back on the shelf!

Seven Easy Steps To eating well

1

Breastmilk, whole animal milk or unsweetened calcium fortified milk alternatives are the only milk drinks young children need



2

If children are thirsty offer them water. Keep tap water chilled in the fridge in a cup or bottle children can be offered regularly



5

Growing, picking, preparing and cooking food – and eating it together in a group with lots of talk and laughter will help young children eat well for life



4

Young children need regular meals and 'mini-meals' throughout the day. Avoid snack foods which will reduce their appetite for the healthy foods you serve at meal times



3

Choose a variety of simple foods as the basis of meals: vegetables, potatoes, fruit, eggs, beans, ground nuts and seeds, meat, fish, pasta, rice and other grains, milk and plain yoghurt

6

Keep food safe: make sure everyone washes their hands before preparing food, eating food or helping others at mealtimes and follow good hygiene practices in preparing and storing food.



7

Think about the future: we are all responsible for the precious planet we live on. Buy good quality local food and don't waste it!



FIRST STEPS NUTRITION TRUST

