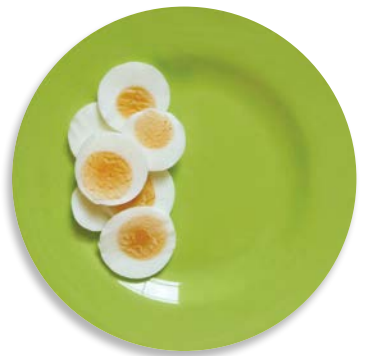


Good food choices and portion sizes for 1-4 year olds



Good food choices and portion sizes for 1-4 year olds

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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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Design by Sally Geeve.

Photo resources

For more information about photo resources for different age groups of children and young people, see the website www.firststepsnutrition.org

First Steps Nutrition Trust

First Steps Nutrition Trust is a charity which provides evidence-based and independent information and support for good nutrition from pre-conception to five years of age.

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Introduction

What is in this guide?

This guide provides a visual resource to support all those who look after and support children aged 1-4 years to eat well. Eating well in the first five years of life is essential for growth and physical and mental development, as well as for a child's future health. Encouraging good eating habits in the early years will contribute to a lifetime of good food choices.

This good food choices and portion size guide provides some simple ideas for the balance of different meal components that will meet the energy and nutrient needs of children in this age group. Some simple food-based recommendations for each food group are given, followed by photos showing appropriate portion sizes for 1-4 year olds.

Good meal choices, with appropriate portion sizes, for 1-4 year olds can be found in the following resources, produced by First Steps Nutrition Trust:

- *Eating well recipe book*
- *Eating well: Packed lunches for 1-4 year olds*
- *Eating well: Vegan infants and under-5s.*

For more information, see page 6.

How have the portion sizes been calculated?

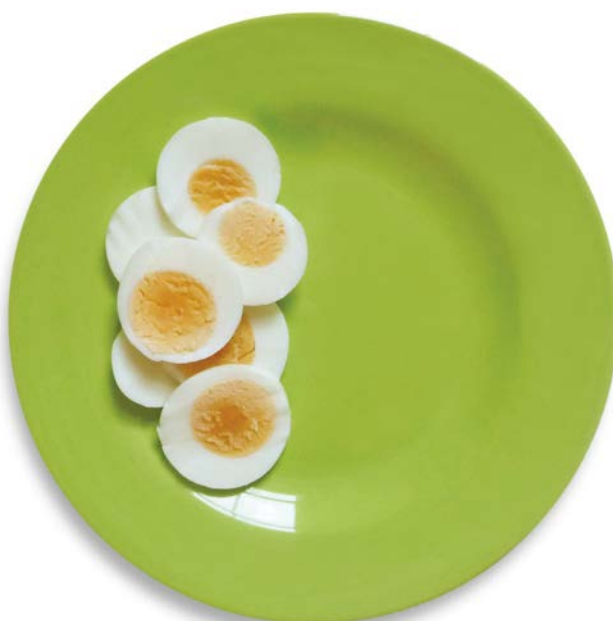
The portion sizes in this guide have been estimated from balanced menu plans that meet the average energy and nutrient needs of children aged 1-4 years. The portion sizes are average amounts and some children will want to eat more, and some less than this. However, it is useful to have an idea of the sorts of portion sizes that can form the basis of meals for children of this age, bearing in mind that some children may want 'seconds' and that children should be allowed to eat healthy food to appetite.

How can this guide be used?

This guide can be used to support catering staff in early years settings where groups of children eat, to help them consider the amounts of foods they cook and serve.

The resource can also be used with families, to help them consider the sorts of foods and amounts of foods that are appropriate for their pre-school children, and the photos may also encourage a wider variety of foods to be offered.

We hope the resource will also help families who may not have English as a first language, to accustom themselves to the names and appearance of common foods served in UK settings.



Where can I find out more information about eating well for children aged 1-4 years?

There are national good practice guidelines to support children aged 1-4 years to eat well in early years settings in the UK.

Scotland

The most recent guidance comes from Scotland. *Setting the table: Nutritional guidance and food standards for early years childcare providers in Scotland* is available at:

http://www.healthscotland.com/uploads/documents/21130-SettingtheTable_1.pdf

England

For England, *Voluntary food and drink guidelines for early years settings in England*, produced in 2012, can be found at:

www.childrensfoodtrust.org.uk.

This includes practical photographic resources showing example meals and snacks that meet current guidance. Seasonal menu plans and recipes can also be downloaded from the same website.

Wales

For Wales, *Food and health guidelines for early years and childcare settings* can be found at:

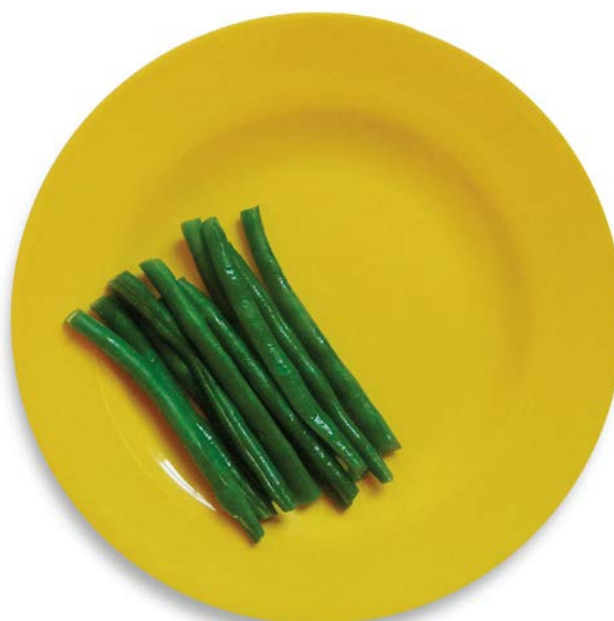
<http://gov.wales/docs/phhs/publications/foodandhealth/090414guidelinesen.pdf>

Northern Ireland

For Northern Ireland, *Nutrition matters for the early years: Guidance for feeding under fives in the childcare setting* can be found at:

www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting

For other useful resources to support eating well for this age group, see *For more information* on page 43.



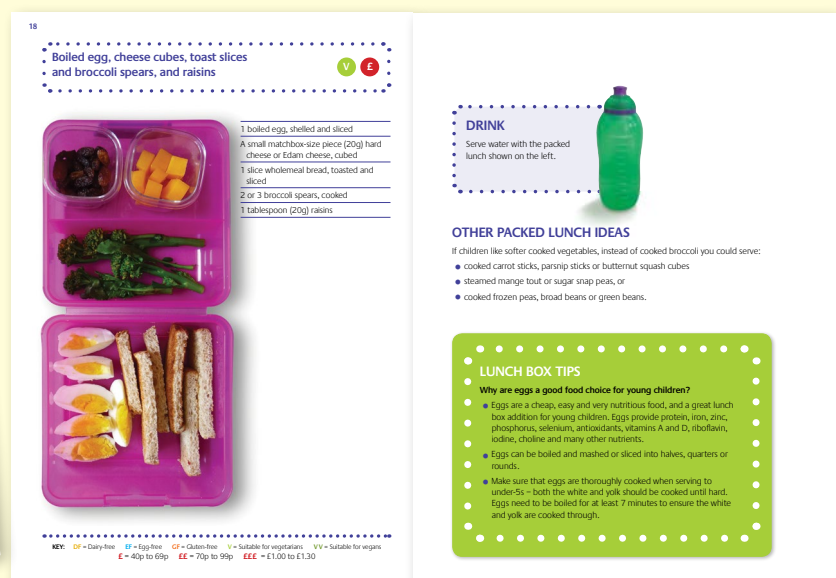
Other resources from First Steps Nutrition Trust

These resources can all be downloaded from www.firststepsnutrition.org

Eating well recipe book



Eating well: Packed lunches for 1-4 year olds



Eating well: Vegan infants and under-5s

Eating well: vegan infants and under-5s



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In preparation

Eating well: The pre-school years

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SNACK

1-4 years

Rice cakes with mushroom pâté and cherry tomatoes

This recipe makes 4 portions of about 50g rice cakes and pâté, and 40g cherry tomatoes.

Ingredients	Method
1 tablespoon vegetable oil	1. Heat the oil in a frying pan. Fry the onions, garlic and mushrooms until they are soft.
1/2 small onion, peeled and finely diced	2. Place the fried items in a blender and blend until smooth. Or push through a sieve, or mash with a fork.
1/2 tablespoon garlic paste	3. Serve with the rice cakes and halved cherry tomatoes.
150g mushrooms, peeled and diced	
4 rice cakes	
160g cherry tomatoes, halved	

Serve with 100ml unsweetened calcium-fortified soya milk.



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SAVOURY MEAL

1-4 years

Black-eyed bean chilli with yellow rice and roasted vegetables

This recipe makes 4 portions of about 100g chilli, 60g rice and 40g vegetables.

Black-eyed bean chilli	Yellow rice	Roasted vegetables
Ingredients	Ingredients	Ingredients
1/2 tablespoon vegetable oil	80g basmati rice	1/2 medium courgettes, trimmed and cut into small pieces
1/2 tablespoon garlic paste	100ml water	2 medium mushrooms, halved
1 small onion, peeled and finely diced	1/2 tablespoon (dry-free) oil spread	1/2 medium onion, peeled and cut into chunks
1 small (200g) can chopped tomatoes	1/2 teaspoon mexican	1/2 small red pepper, cores, deseeded and cut into chunks
1/2 teaspoon mild chilli powder	15g tarragon or sublimar, chopped	1/2 medium dried mixed herbs
1/2 tablespoon cider vinegar		1/2 tablespoon vegetable oil
1 large (400g) can black-eyed beans, drained (drained weight 240g)		

Method	Method	Method
1. In a large pot, heat the oil and fry the garlic paste and onion for 5 minutes until the onions are almost softened.	1. Bring the water to boil. Add all the ingredients.	1. Heat the oven to 180°C / 350°F / Gas 4.
2. Add the tomatoes, chilli powder and vinegar and then simmer for 20 minutes or until the rice is tender and the liquid has been absorbed.	2. Reduce the heat, cover and simmer for 20 minutes or until the rice is tender and the liquid has been absorbed.	2. Place the vegetables on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil.
3. Add the beans and cook for a further 5 to 10 minutes.		Roast for 20 to 25 minutes until tender.



Eating well: the pre-school years

A practical guide for those supporting children aged 1-4 years to eat well



FIRST STEPS NUTRITION TRUST



Plates used in the photos

The photos on pages 11-42 show individual foods, in portion sizes appropriate for 1-4 year olds. The plates and bowls used in the photos are shown below at actual size.

Plate

Width: 20cm





Bowl
Width: 12cm



Depth: 4cm



Small bowl
Width: 8cm



Depth: 3cm



Bread, other cereals and potatoes

How much to serve?

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.

Good choices

All types of **bread** – wholemeal, granary, brown, 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

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 – low-sugar, low-salt cereals such as porridge, puffed wheat, weet bisks, crisped rice or flaked wheat.

Notes

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.

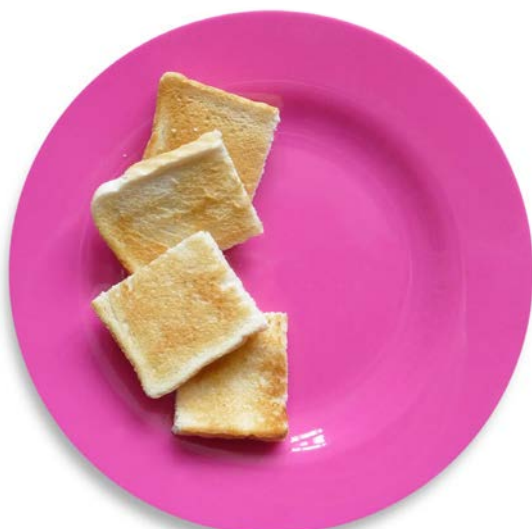
Avoid fried rice or flavoured dried rice in packets.

Avoid sugary breakfast cereals. Look for those that have no added sugar.



Fortified cereals can be a good source of iron.

BREAD



White toast 1 slice 25g



Wholemeal bread 1/2 bread roll 25g



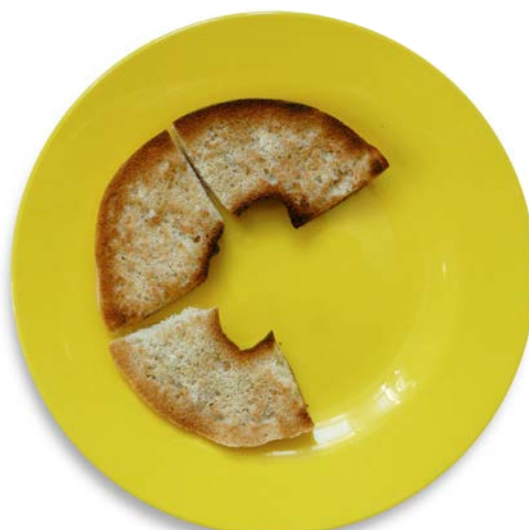
French bread 30g



White pitta bread 1/2 pitta bread 30g



Wholemeal pitta bread 1/2 pitta bread 25g



Bagel 3/4 bagel 30g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

BREAD



Chapatti 20g



Breadsticks 15g



Rice cake 1 rice cake 10g



Crumpet 1 crumpet 30g



Wrap or tortilla 1/2 tortilla 25g



Oatcakes 2 oatcakes 16g

RICE AND OTHER GRAINS



White rice 80g



Brown rice 80g



Couscous 80g

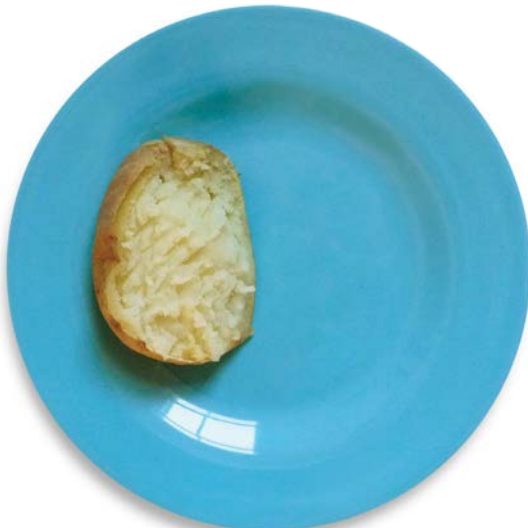


Polenta 80g



Pearl barley 25g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

POTATOES AND STARCHY ROOT VEGETABLES**Mashed potato** 80g**New potato slices** 80g**Jacket potato** 80g**Oven chips** 80g**Mashed sweet potato** 80g**Mashed yam** 80g

PASTA AND NOODLES



Spaghetti 80g



Egg noodles 80g



Baby pasta 80g



Pasta penne 80g



Pasta rice 80g



Brown pasta spirals 80g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

BREAKFAST CEREALS



Puffed wheat 15g and 100ml milk



Shredded wheat 1 bisc 12g and 100ml milk



Weet bisks 20g and 100ml milk



Porridge made with milk 100g
Made from 15g porridge oats and 100ml milk



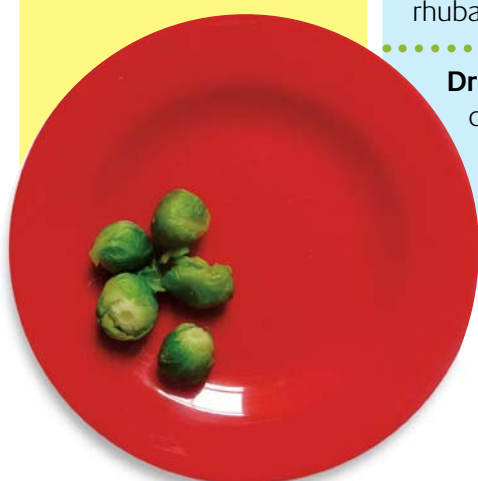
Porridge made with soy milk alternative 100g
Made from 15g oats and 150ml unsweetened fortified soy milk alternative

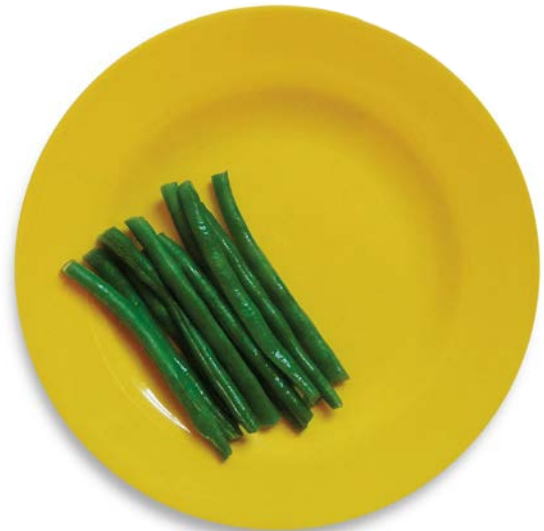
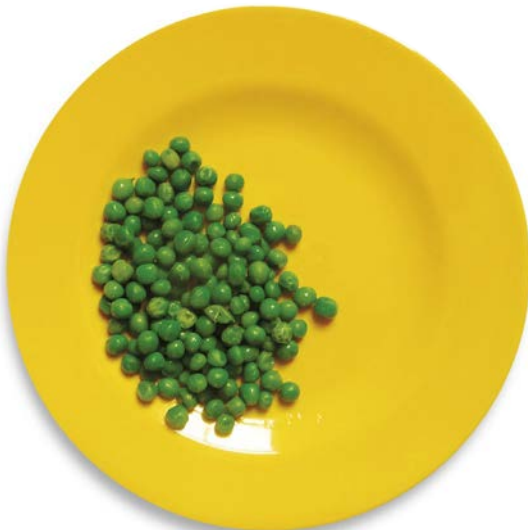
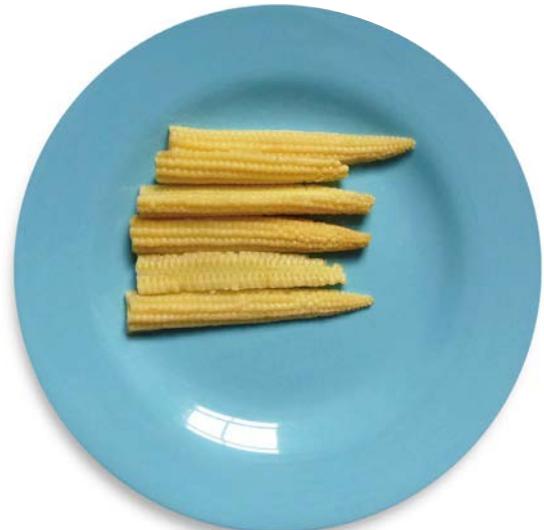


Ready brek 100g

Vegetables and fruit

How much to serve?	Good choices	Notes
Offer different fruits and vegetables at meals and snacks.	All types of fresh, frozen and canned vegetables – for example, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, courgette, green beans, kale, mushrooms, parsnips, peas, peppers, pumpkin, red cabbage, squash, spinach, swede or turnip	Avoid vegetables canned with added salt and sugar.
1-4 year olds should be encouraged to taste at least five different fruits and vegetables a day.	All types of salad vegetables – for example, lettuce, watercress, celery, cucumber, tomato, raw carrot, raw pepper, radish or beetroot	Do not overcook fresh vegetables, and don't cut them up a long time before cooking and leave them in water, or cook them early and re-heat before serving. These practices all reduce the vitamin content.
Aim for 40g portions of vegetables and fruits for all 1-4 year olds at meals and snacks.	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	Avoid fruit canned in syrup.
	Stewed fruit such as stewed apple or pears, stewed dried fruit, stewed plums or stewed rhubarb	If the fruit to be stewed is sour, add a little apple juice, or mix with a sweeter fruit.
	Dried fruit such as raisins, dried apricots, dates, dried figs, prunes	Avoid dried fruit with added sugar and vegetable oil. Serve dried fruit with meals and not as snacks.



BEANS, PEAS AND SWEETCORN**Broad beans** 40g**Green beans** 40g**Peas** 40g**Baby sweetcorn** 40g**Canned sweetcorn** 40g**Mange tout** 40g

GREEN, LEAFY VEGETABLES



Broccoli 40g



Brussels sprouts 40g



Cabbage 40g



Cauliflower 40g



Kale 40g



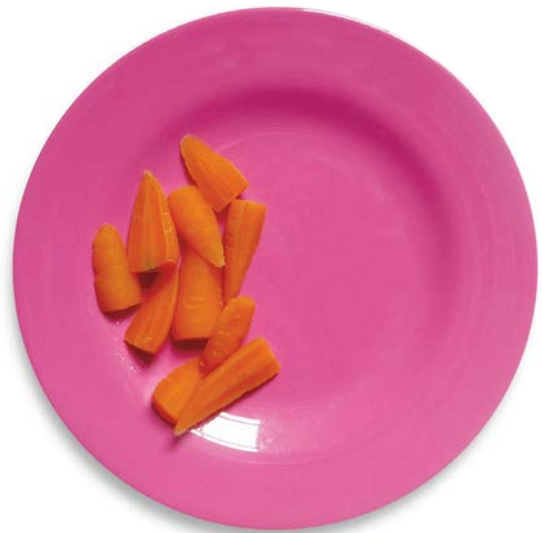
Spinach 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

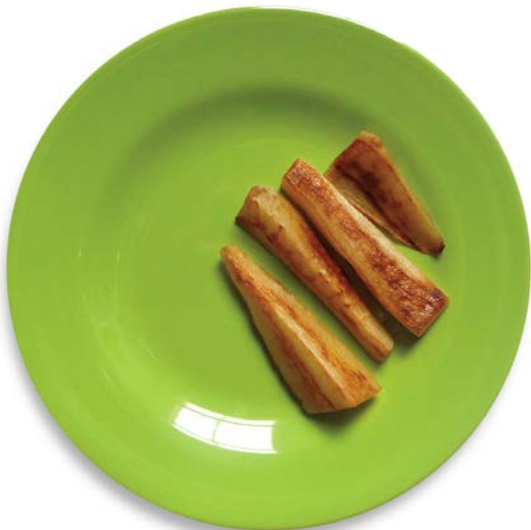
ROOT VEGETABLES AND SQUASH



Butternut squash 40g



Carrots 40g



Parsnip 40g

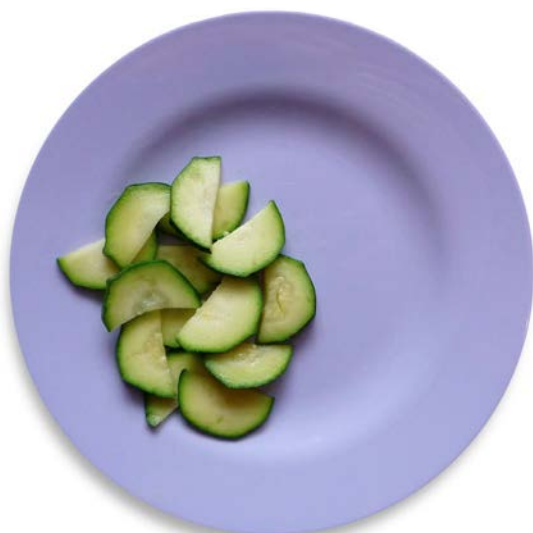


Swede 40g



Turnip 40g

OTHER VEGETABLES



Courgette 40g



Leeks 40g



Mushrooms 40g



Mixed vegetables (frozen) 40g



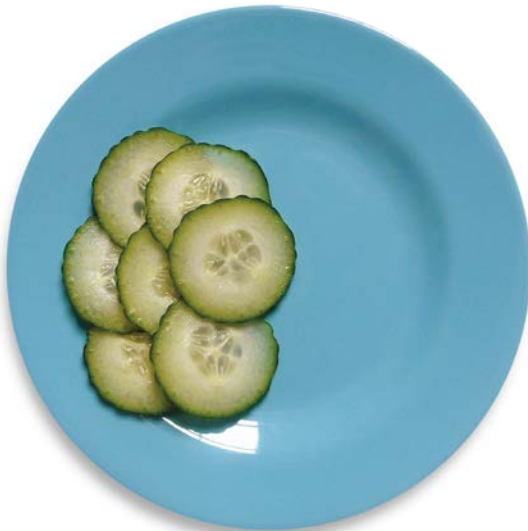
Plantain 40g



Roasted vegetables 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

SALAD AND RAW VEGETABLES



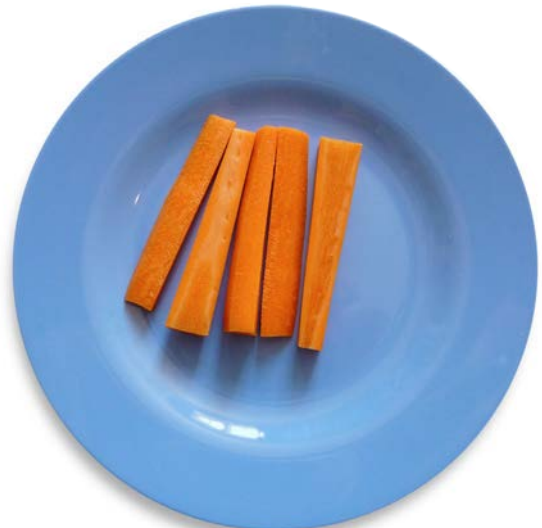
Cucumber 40g



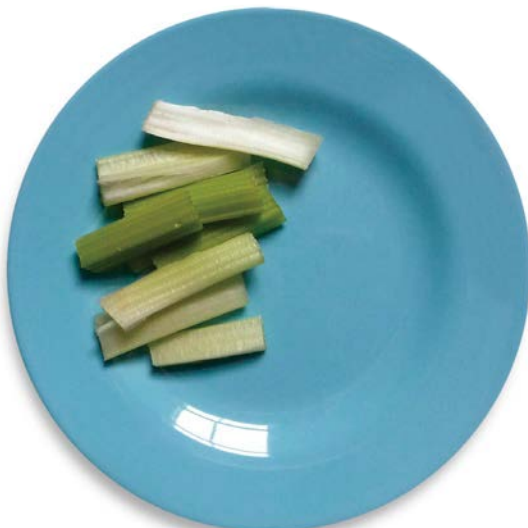
Avocado 40g



Beetroot 40g



Carrot sticks 40g



Celery sticks 40g



Lettuce 40g

PEPPERS AND TOMATOES



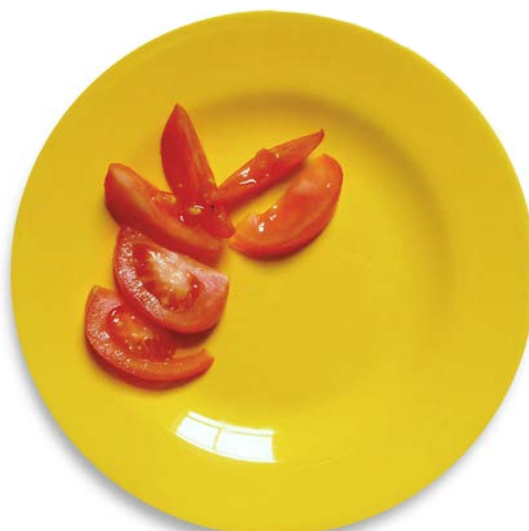
Yellow pepper 40g



Red pepper 40g



Green pepper 40g



Tomato 40g



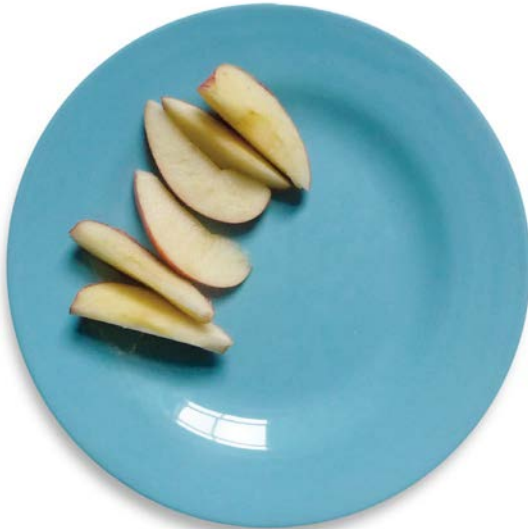
Cherry tomatoes 40g



Canned tomato 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

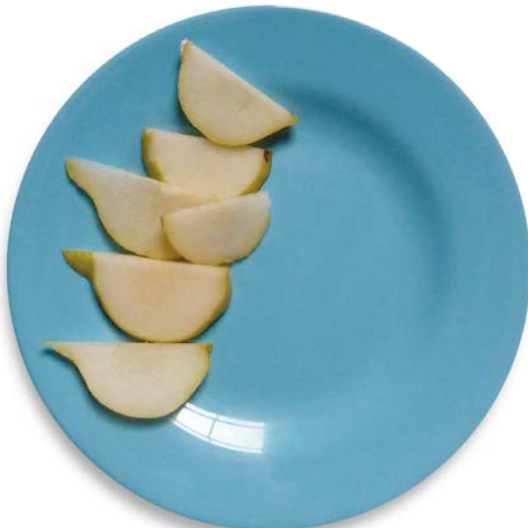
APPLES AND PEARS



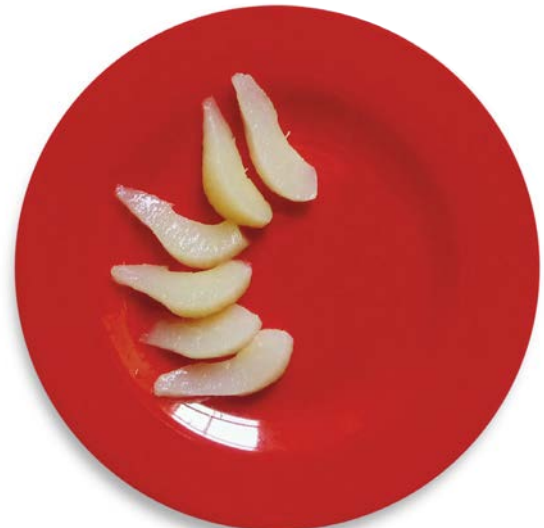
Apple 1/2 apple 40g



Stewed apple with juice 70g



Pear 1/3 pear 40g



Pears, canned in juice, served without juice 40g



Stewed pear with juice 70g

BERRIES



Blackberries 40g



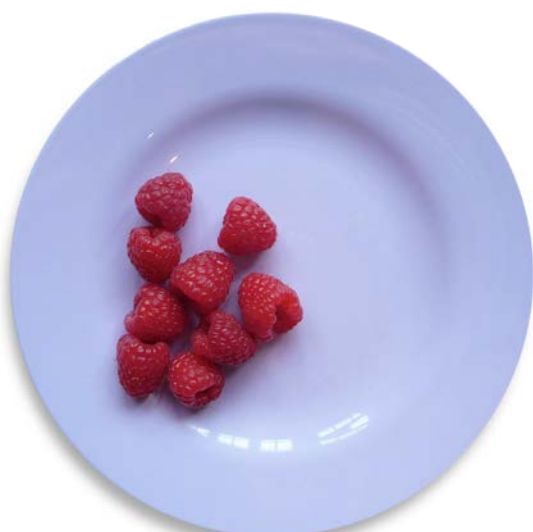
Blackcurrants and redcurrants 40g



Blueberries 40g



Frozen mixed berries 40g



Raspberries 40g



Strawberries 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

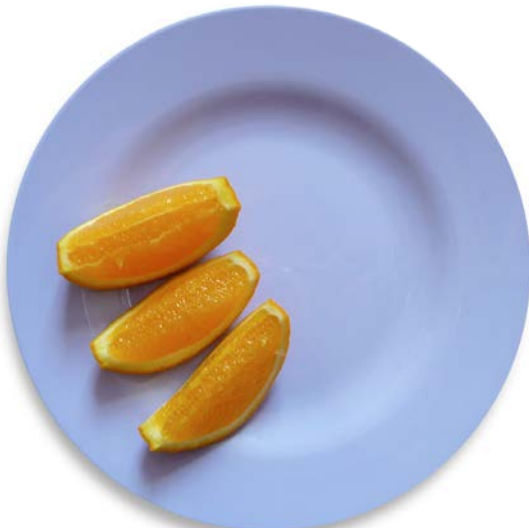
BANANAS AND ORANGES



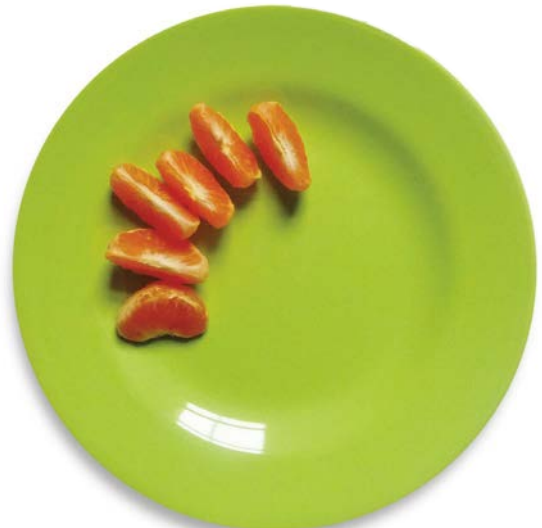
Banana 1/2 banana 40g



Banana 1/2 banana 40g



Orange 1/2 orange 40g



Clementine 1/2 clementine 40g



Mandarins, canned in juice, served with juice 70g



Mandarins canned in juice, no juice 40g

STONE FRUIT

**Mango** 40g**Nectarine** 40g**Peaches canned in juice, served with juice** 70g**Plums** 40g**Stewed plums with juice** 70g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

OTHER FRUIT



Grapes 40g



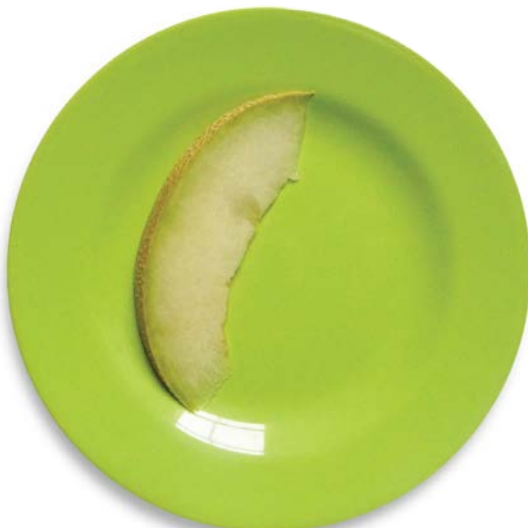
Kiwi 1/2 kiwi 40g



Fresh pineapple 40g



Pineapple canned in juice, served with juice 70g




Melon 70g



Watermelon 40g

Milk and dairy foods, and dairy alternatives

How much to serve?	Good choices	Notes
<p>Foods from this group should be offered at 2-3 meals and snacks each day.</p>	<p>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>Avoid unpasteurised milk.</p> <p>Avoid milk drinks with flavours and added sugar.</p> <p>Avoid growing up milks or toddler milks.</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 or coconut milk can be used, but all milk alternatives (including soy milk alternative) are much lower in energy than full-fat animal milk so care needs to be taken that the rest of the diet provides adequate energy. For more information on milk alternatives, see the next page.</p>	<p><u>Do not serve rice milk to children under 5 years.</u></p>
	<p>Cheese Cheese is high in salt, so use in small amounts.</p>	<p>Avoid unpasteurised cheese and mould-ripened (blue-vein) cheeses.</p> <p>Vegetarian cheese is available if needed.</p>
	<p>Yoghurt and fromage frais Choose plain unsweetened versions. Soya milk based or coconut milk based alternatives are available for those on dairy-free diets.</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>

Milk and non-dairy milk alternatives

Where mothers choose to breastfeed their toddler into the second year and beyond, this should be supported. Parents may choose to continue to provide expressed breastmilk for toddlers in childcare settings, and information on the safe storage of expressed breastmilk can be found at <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/expressing-storing-breast-milk.aspx>

Follow-on milks or fortified toddler milks are not recommended for use as these are frequently sweetened and may have the wrong balance of nutrients.

- Full-fat cows' (goats' or sheeps') milk can be the main milk drink from 1-2 years of age. After 2 years if children are eating well they can have semi-skimmed milk, but they should not have 1% fat or skimmed milk under the age of 5.
- There are a number of non-dairy milk alternatives available, and any drink offered should be unsweetened and fortified. Below, we give information about the four main types of unsweetened fortified milk alternatives that are available, and compare them with whole cows' milk.

Non-dairy milk alternatives compared with cows' milk

	Whole cows' milk	Unsweetened calcium-fortified oat milk alternative ¹	Unsweetened calcium-fortified soy milk alternative ²	Unsweetened calcium-fortified coconut milk alternative ³	Unsweetened calcium-fortified almond milk alternative ⁴
Energy (kcal) per 100ml	66	45	33	27	13
Protein g per 100ml	3.3	1.0	3.4	1.9	0.4
Calcium mg per 100ml	120	120	120	120	120
Riboflavin mg per 100ml	0.2	0.2	0.2	Not added	0.2
Vitamin B12 micrograms per 100ml	0.9	0.4	0.4	0.4	0.4
Typical cost per 100ml	8p	14p	6p	17p	14p

1 Based on unsweetened Oatly brand.

2 Based on typical own-brand unsweetened soy milk alternatives from major supermarkets.

3 Based on unsweetened Kara brand.

4 Based on unsweetened Alpro brand.

Unsweetened calcium-fortified soy milk alternative is the most cost-effective and easily sourced milk alternative, but all the alternatives are lower in energy than full-fat milk. If these alternatives are used, care has to be taken that the diet is sufficiently energy-dense. Unsweetened fortified coconut and almond milks are more expensive alternatives and a significantly greater volume of almond milk is needed to provide the same amount of energy as soy milk alternative.

Coconut milk is typically not fortified with riboflavin.

Oat milk, coconut milk and almond milk alternatives are all low in protein.

- Children should be discouraged from drinking too much milk if this means they have less appetite for a good range of foods at meal times, so it is worth considering the impact of using milk alternatives which have low energy density.
- Animal milk is also a good source of iodine and it is not known how much, if any, iodine is in these milk alternatives.
- If children are being given a vegan diet, it is important that care is taken that all nutrient needs are met. For more information on this, see our resource *Eating well: vegan infants and under-5s* at www.firststepsnutrition.org

The glasses of milk below all provide the same amount of energy (calories).



Whole cows' milk
50ml



Soy milk alternative
100ml



Oat milk
75ml



Coconut milk
120ml



Almond milk
250ml

MILK AND NON-DAIRY MILK ALTERNATIVES



Whole cows' milk 100ml

Whole cows' milk (or another 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.



Unsweetened fortified soy milk alternative 200ml

For children who follow a vegan diet, or have a cows' milk protein allergy, unsweetened calcium-fortified soy milk alternative can be used as the main drink from 1 year. This has only about half the energy content of full-fat animal milk, however, so care needs to be taken that the diet is energy-dense in other ways, or that a greater volume of soy milk alternative is offered without impacting on appetite. For information on other milk alternatives see page 30.

How much milk do 1-4 year olds need each day?

It is suggested that at 1-2 years about 400ml of cows' milk a day fits into a healthy balanced diet. The 400ml might be made up of a drink in the morning, milk with snacks and a drink before bed or a nap, depending on how families manage their children's eating and sleeping patterns across the day.

Children of 2-4 years old probably need about 300-350ml of milk a day as they will eat bigger portions of food at meals, may need fewer or shorter daytime naps, or not need a drink before bed.

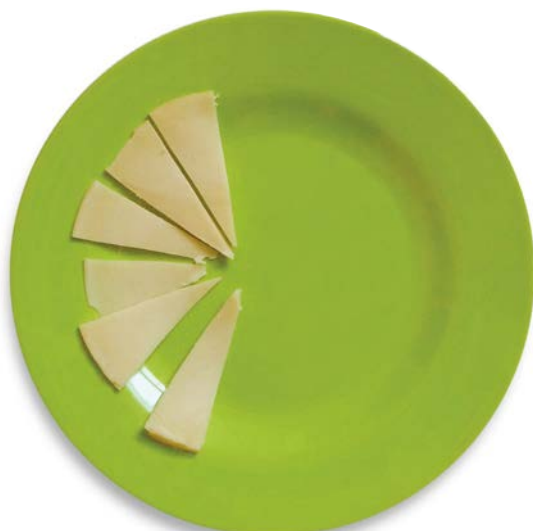
CHEESE



Cheddar cheese 15g



Cottage cheese 30g



Edam cheese 15g



Mozzarella 20g



Soft cheese 20g



Cheese triangle 18g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

YOGHURT



Plain yoghurt (full-fat) 60g

.....



Greek yoghurt 50g

.....



Soya yoghurt 60g

.....



Coconut yoghurt 50g

.....

Meat, fish, eggs, pulses, nuts, seeds and meat alternatives

How much to serve?

Main meals should always contain an item from this group.

Foods in this group are high in iron and zinc and can also be usefully served as part of snacks, for example as sandwich fillings.

Good choices

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 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 or baked beans

Ground nuts – such as smooth peanut butter, cashew or almond butter

Crushed seeds or ground seeds – such as sunflower seeds, pumpkin seeds or tahini

Meat alternatives – such as soya mince/textured vegetable protein, Quorn or tofu

Notes

Avoid processed meat and fish products that are high in fat and salt, such as crumb-coated products, burgers, pies, sausages and canned meats.

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.

Avoid processed meat alternatives (such as vegetarian sausages, burgers and pies), as these can be high in salt.



MEAT**Chicken** 45g**Pork** 40g**Beef** 40g**Minced lamb** 40g**Turkey mince** 40g

FISH

White fish 40g



Salmon fillet 40g



Canned tuna 40g

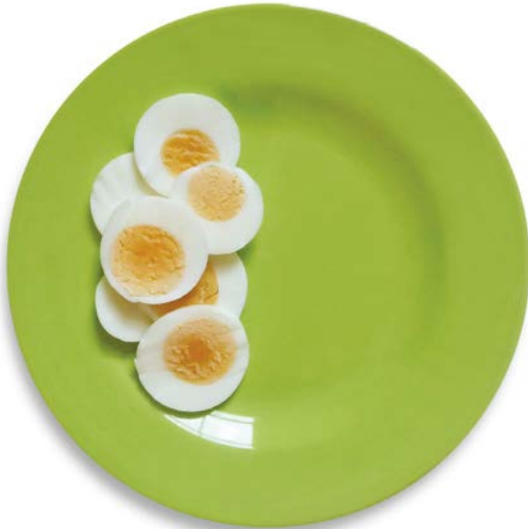
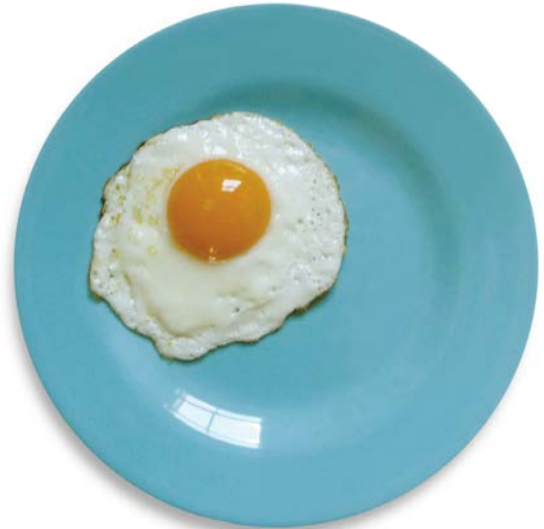
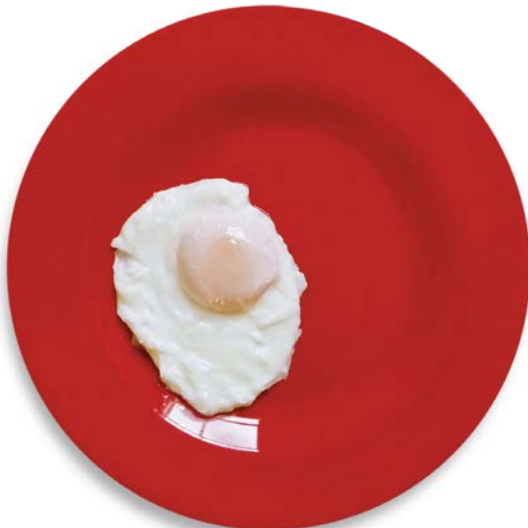


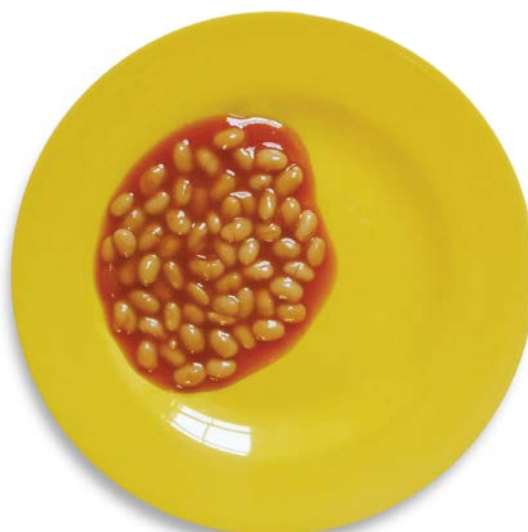
Canned pilchards in tomato sauce 50g



Canned sardine 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

EGGS**Boiled egg** 50g**Fried egg** 50g**Poached egg** 50g**Omelette** 50g**Scrambled egg** 50g

PULSES**Butter beans (chopped)** 40g**Cannellini beans** 40g**Red kidney beans** 40g**Soya beans** 40g**Mixed beans** 40g**Baked beans** 55g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

PULSES**Chickpeas** 40g**Humous** 40g**Mini falafels** 40g**Green lentils** 40g**Red lentils** 40g**Dahl** 50g

NUTS AND SEEDS, AND THEIR PRODUCTS**Peanut butter** 15g**Cashew nut butter** 15g**Sunflower seeds (crushed)** 20g**Tahini** 15g**Pumpkin seeds (crushed)** 20g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

MEAT ALTERNATIVES



Quorn mince 50g

.....



Quorn pieces 50g

.....



Soft tofu 50g

.....



Tofu pieces 50g

.....

For more information

Useful websites and publications

Child Feeding Guide

www.childfeedingguide.co.uk

Website and app to support families around fussy eating.

Children's Food Trust

www.childrensfoodtrust.org.uk

Voluntary food and drink guidelines for early years settings in England. A practical guide.

First Steps Nutrition Trust

www.firststepsnutrition.org

Eating well: The first year

Eating well: Packed lunches for 1-4 year olds

Eating well: Vegan infants and under-5s

Infant milks in the UK

Making the most of Healthy Start: A practical guide

Eating well recipe book

Eating well sustainably: A guide for early years settings

Healthy Start

www.healthystart.nhs.uk

www.healthystartalliance.org

Information about the Healthy Start scheme in the UK.

HENRY

www.henry.org.uk

Provides support to families with young children about changing behaviour around eating well and activity.

Institute of Health Visiting

www.ihv.org.uk

Provides a range of tips for parents, and good practice points related to nutrition and pre-school children.

NHS Choices

www.nhs.uk

The NHS Choices website contains information on healthy eating for under-5s.

NHS Health Scotland/Scottish Government

www.healthscotland.com

A website providing up-to-date information, resources and support for practitioners working with or supporting pregnant women and families with young children.

Setting the table: Nutritional guidance and food standards for early years childcare providers in Scotland is available at: <http://www.healthscotland.com/documents/21130.aspx>

Ready, steady, toddler!

www.readysteadytoddler.org.uk

A website for families.

Is your child a fussy eater?

Leaflet. Available from www.healthscotland.com

Public Health Agency (Northern Ireland)

The following publications can be downloaded from

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 can be found at:

www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting

Public Health Wales

Bilingual resources (in English and Welsh) have been produced by the Welsh Assembly Government and can be downloaded from: www.publichealthwales.wales.nhs.uk

Bump, baby & beyond

A book with information on pregnancy, birth and into the toddler years. Available from: www.healthchallengewales.org/infantfeeding-publications

Food and health guidelines for early years and childcare settings (2009)

<http://gov.wales/docs/phhs/publications/foodandhealth/090414guidelinesen.pdf>

Start4Life

www.nhs.uk/start4life

Start4life provides a range of information to support eating well in the early years.

Sustain

www.sustainweb.org

Guide to sustainable food.

Tiny Tastes

Tiny tastes

A pack to help parents manage fussy eating and encourage young children to try new vegetables. Available for sale from www.fbsresources.com



FIRST STEPS NUTRITION TRUST



www.firststepsnutrition.org

Good food choices and portion sizes for 1-4 year olds

ISBN (e-book): 978-1-908924-14-8