



Feeding the under 3s
the food they need

Combining food for a balanced diet

Guidance & Tips for Parents

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BREAD,
CEREALS &
POTATOES



FRUIT &
VEGETABLES



MILK,
CHEESE &
YOGURT



MEAT, FISH &
VEGETARIAN
ALTERNATIVES



FOODS
HIGH IN FAT
& SUGAR

Milk, Cheese & Yogurt

To provide a healthy balanced diet for your child you should offer foods from each and all of the above five food groups each day. Don't worry if your toddler doesn't eat all of these every day. Simply aim to achieve an average over each week. See the other 'Combining food for a balanced diet' Guidance & Tips sheets for more information on the different food groups.

Serve three times a day. Toddlers need less milk than babies and you should aim to replace bottles with beakers and cups by your child's first birthday. One serving is:

- About 120ml (4oz) glass or cup of milk.
- A 120g pot of full fat yogurt or fromage frais.
- Cheese in a sandwich or on top of a pizza slice.
- A serving of custard or another milk pudding made with whole milk.
- A serving of food in a white cheese sauce such as macaroni cheese.
- Some toddlers may continue with breastfeeds.
- A follow-on formula can be considered for toddlers with a poor food intake as it is higher in iron and some vitamins than cows' milk.

