

The Building Blocks of a Healthy Balanced Diet

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Feeding young children:
practical advice from experts

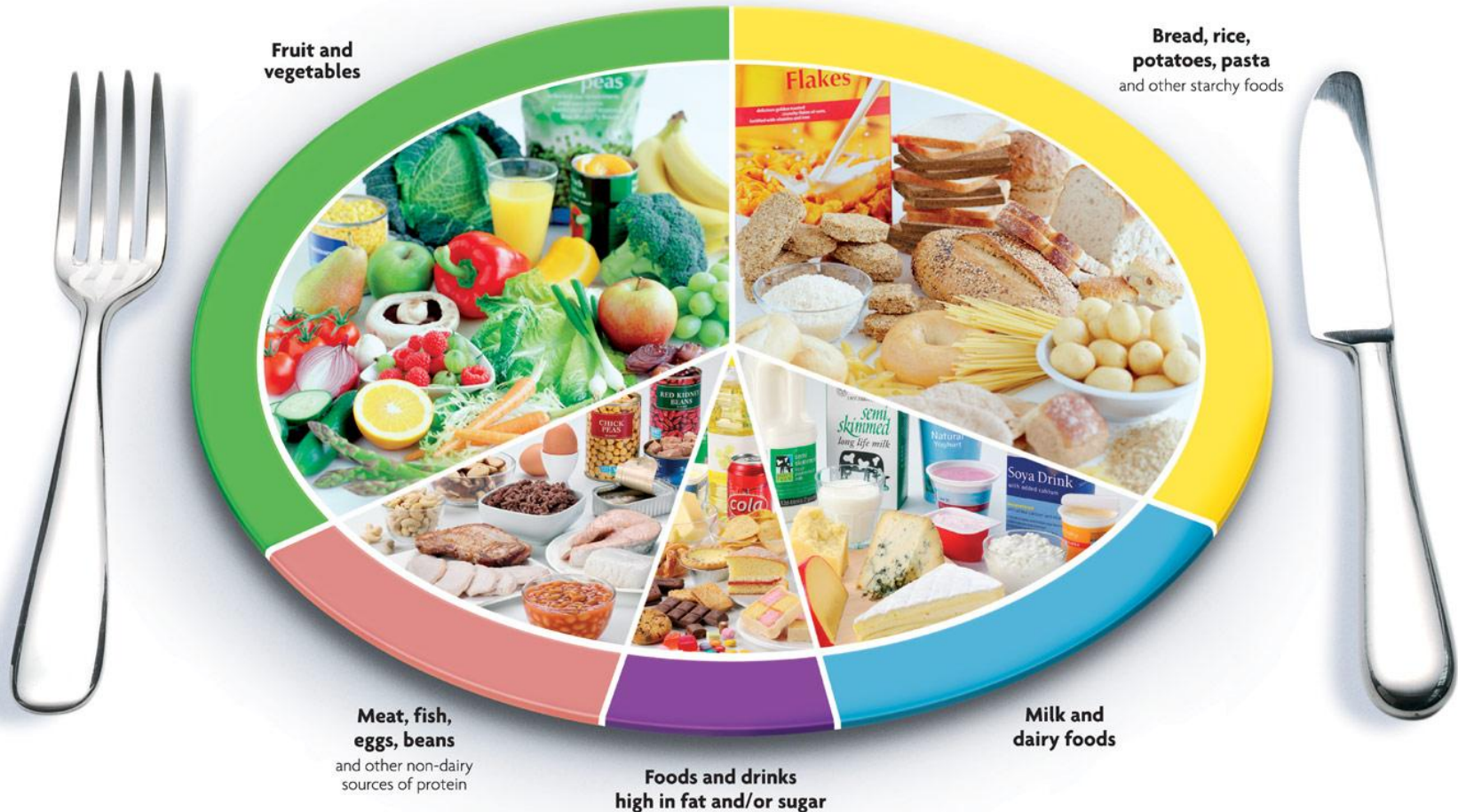
Let's start with a quiz!



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The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Nutrients for toddlers

- What are the nutrients toddlers need?

- Which is the odd one out and why?

Aims of menu planning for toddlers

- Provide adequate nutrients and energy for health, growth and development
- Provide pleasurable mealtimes and snack times
- Provide an opportunity for learning to like a wider range of foods
- Provide information for catering staff for ordering, cooking and budgeting

Considerations for menu planning

- Balanced menu of nutritious foods
- Appropriate foods – according to:
 - budget
 - cooking/food preparation skills
 - food preparation time and equipment
 - children's preferences and cultural constraints
- Appropriate portion sizes

Creating a balanced menu

Activity 1:

- Develop a menu of 3 meals and 2-3 snacks for 1 or 2 days in your chosen setting:
e.g. at home/early years setting/care home
- Choose appropriate foods and portion sizes to offer.

Activity 2:

- Assess/check a menu plan.

Appropriate portion sizes

For Health and Professional Use
Toddler Factsheet 1.3

PORTION SIZES FOR TODDLERS 1-3 YEARS

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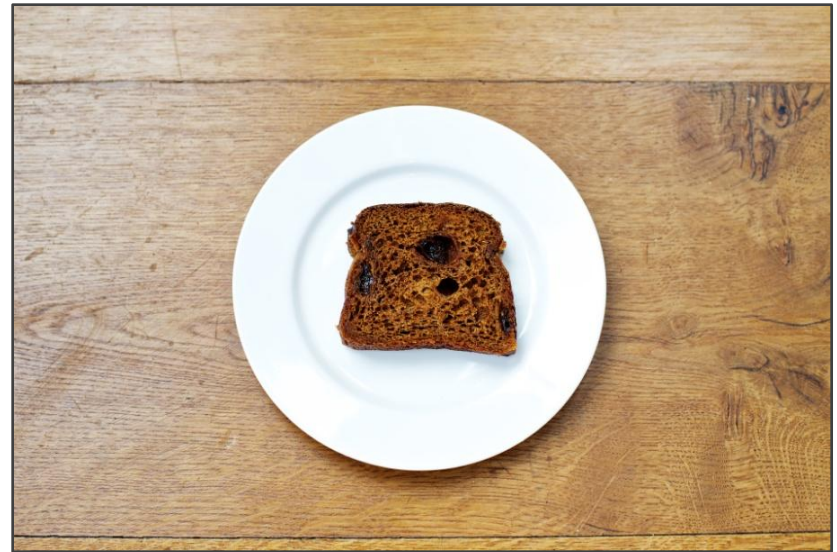


LEARNING POINTS

1. Toddlers need a nutritious balanced diet to meet their nutritional needs for activity, growth and development.
2. A balanced combination of foods from all five food groups makes up a healthy diet for toddlers.
3. The amount of food that toddlers eat varies widely from day to day and meal to meal. Toddlers do not eat set portion sizes.
4. This Factsheet recommends food portion size ranges designed to ensure that the energy and nutrient requirements of toddlers (except for vitamin D) are all met. Toddlers all need a supplement of vitamin D.
5. These portion size ranges can be used to guide how much food to offer toddlers.
6. Toddlers should be encouraged to eat to their appetite from at least three of the five food groups but need to be limited in the amounts they consume of milk and milk products and of the foods high in fat and sugar listed in food group 5.
7. Parents can be reassured that if toddlers are eating within the range of portion sizes of a particular food, then they are eating an adequate amount of that food.

Appropriate portion sizes

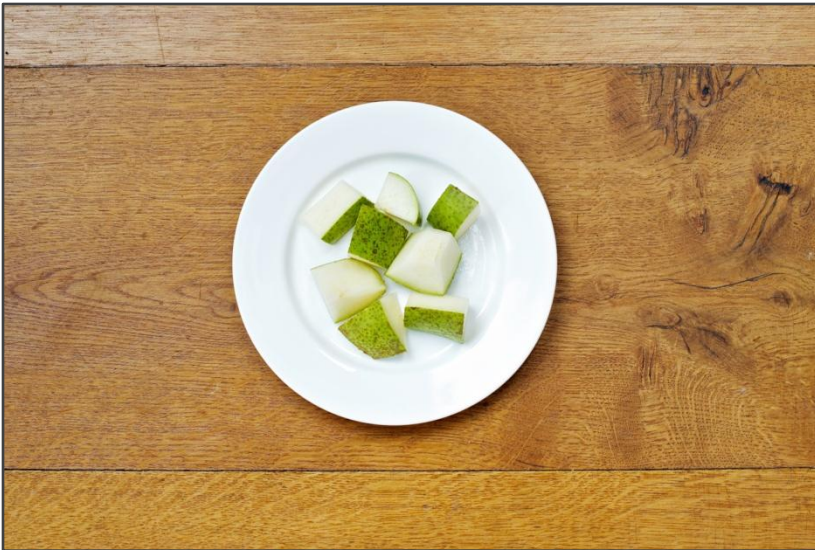
Food group 1: Bread, rice, potatoes, pasta and other starchy foods



Maltloaf

Appropriate portion sizes

Food group 2: Fruit and vegetables



Pear

Appropriate portion sizes

Food group 3: Milk, cheese and yogurt



Yogurt



Milk

Appropriate portion sizes

Food group 4: Meat, fish, eggs, nuts and pulses



Salmon
(oily fresh fish)

Include in your one day menu

- 3 meals, 2-3 snacks
- 2 courses at each meal
- Bread, rice, potatoes, pasta or other starchy foods at every meal and some snacks
- Fruit and vegetables at every meal and some snacks
- 3 servings of milk, cheese or yogurt
- Meat, fish, eggs, nuts or pulses at every meal
- Some high-fat foods
- 6-8 drinks
- Vitamins A and D.

Assessing a menu plan

Each day:

- 3 meals
- 2-3 snacks
- 6-8 drinks
- Vitamins A and D.



Must include:

- 2 courses at each meal
- Starchy foods at every meal and some snacks
- Fruit and vegetables at every meal and some snacks
- 3 servings of milk, cheese or yogurt
- Meat, fish, eggs, nuts, pulses at every meal
- Some high fat foods.

Assessing Intake

	Bread, Cereal & Potatoes	Fruit & Veg	Milk, Cheese & Yoghurt	Meat, Fish, Eggs, Nuts & Pulses	Foods High In Fat & Sugar	Drinks
Breakfast: Cereal with milk and fruit slices, Diluted fruit juice to drink	✓	✓	1/2		✓	✓
Lunch: Pasta with bolognese sauce & veg Fruit pieces & cake Drink water	✓	✓ ✓	✓	✓	✓	✓
Evening Meal: Dhal with vegetable curry & rice Fruit crumble & yoghurt Drink of water	✓	✓ ✓	✓	✓	✓	✓
Snacks: Scone & fruit pieces Milk to drink 2 drinks water	✓	✓	✓		✓	✓ ✓ ✓
TOTAL	4	6	3 1/2	2	4	6
Daily Recommendation	At each meal & some snacks	At each meal & some snacks	3	2 - 3	Small amounts	6-8