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.

Acknowledgements

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Edited by Wordworks.
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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www.firststepsnutrition.org

Registered charity number: 1146408
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>4</td>
</tr>
<tr>
<td>Plates used in the photos</td>
<td>8</td>
</tr>
<tr>
<td>Bread, other cereals and potatoes</td>
<td>10</td>
</tr>
<tr>
<td>Vegetables and fruit</td>
<td>17</td>
</tr>
<tr>
<td>Milk and dairy foods, and dairy alternatives</td>
<td>29</td>
</tr>
<tr>
<td>Meat, fish, eggs, pulses, nuts, seeds and meat</td>
<td>35</td>
</tr>
<tr>
<td>alternatives</td>
<td></td>
</tr>
<tr>
<td>For more information</td>
<td>43</td>
</tr>
</tbody>
</table>
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 3-4 years. They are suitable for use in groups of children aged 1-4 years, but are based on the needs of those with the highest needs in the group. Some children will 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.

**England**

Voluntary food and drink guidelines for early years settings in England, updated in 2017, can be found at: https://www.foundationyears.org.uk/eat-better-start-better/

This includes updated guidance, nutritional information cards, and fact sheets on promoting and supporting healthy eating in early years settings.

**Scotland**

The most recent guidance 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

**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

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

Simple, cost-effective ideas for the whole family

Eating well: Packed lunches for 1-4 year olds

SUGGESTED PORTION SIZES – Jacket potato with beef stir-fry

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Portion Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult, or teenager aged 12-18</td>
<td>1-4 year old, 5-11 year old, 7-12 month old</td>
</tr>
</tbody>
</table>

1 boiled egg, shelled and sliced
A small matchbox-size piece (20g) hard cheese or Edam cheese, cubed
1 slice wholemeal bread, toasted and sliced
2 or 3 broccoli spears, cooked
1 tablespoon (20g) raisins

KEY:     DF = Dairy-free
EF = Egg-free
GF = Gluten-free
V = Suitable for vegetarians
VV = Suitable for vegans
£ = 40p to 69p
££ = 70p to 99p
£££ = £1.00 to £1.30

LUNCH BOX TIPS

Why are eggs a good food choice for young children?
• Eggs are a cheap, easy and very nutritious food, and a great lunch box addition for young children. Eggs provide protein, iron, zinc, phosphorus, selenium, antioxidants, vitamins A and D, riboflavin, iodine, choline and many other nutrients.
• Eggs can be boiled and mashed or sliced into halves, quarters or rounds.
• Make sure that eggs are thoroughly cooked when serving to under-5s – both the white and yolk should be cooked until hard. Eggs need to be boiled for at least 7 minutes to ensure the white and yolk are cooked through.

DRINK
Serve water with the packed lunch shown on the left.

OTHER PACKED LUNCH IDEAS

If children like softer cooked vegetables, instead of cooked broccoli you could serve:
• cooked carrot sticks, parsnip sticks or butternut squash cubes
• steamed mange tout or sugar snap peas, or
• cooked frozen peas, broad beans or green beans.
Eating well: vegan infants and under-5s

SNACK: 1-4 years
Rice cakes with mushroom pâté and cherry tomatoes

**Ingredients**
- 1 tablespoon vegetable oil
- 1/2 small onion, peeled and finely diced
- 1/2 teaspoon garlic paste
- 150g mushrooms, peeled and diced
- 4 rice cakes
- 160g cherry tomatoes, halved

**Method**
1. Heat the oil in a frying pan. Fry the onions, garlic and mushrooms until they are soft.
2. Place the fried items in a blender and blend until smooth. Or push through a sieve, or mash with a fork.
3. Serve with the rice cakes and halved cherry tomatoes.

Serve with 100ml unsweetened calcium-fortified soya milk.

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

Black-eyed bean chilli with yellow rice and roasted vegetables

**Black-eyed bean chilli**

**Ingredients**
- 1/2 tablespoon vegetable oil
- 1 teaspoon garlic paste
- 1 small onion, peeled and finely diced
- 1 small (200g) can chopped tomatoes
- 1/2 teaspoon mild chilli powder
- 1/2 tablespoon cider vinegar
- 1 large (400g) can black-eyed beans, drained (drained weight 240g)

**Method**
1. In a large pot, heat the oil and fry the garlic paste and onions for 5 minutes until the onions are almost softened.
2. Add the tomatoes, chilli powder and vinegar and then simmer with the lid on for 10 minutes.
3. Add the beans and cook for a further 5 to 10 minutes.

**Yellow rice**

**Ingredients**
- 80g basmati rice
- 160ml water
- 1/2 tablespoon dairy-free fat spread
- 1/2 teaspoon turmeric
- 15g raisins or sultanas, chopped

**Method**
1. Bring the water to boil. Add all the ingredients.
2. Reduce the heat, cover and simmer for 20 minutes or until the rice is tender and the liquid has been absorbed.

**Roasted vegetables**

**Ingredients**
- 1/2 medium courgette, trimmed and cut into small pieces
- 5 medium mushrooms, halved
- 1/2 medium onion, peeled and cut into chunks
- 1/2 small red pepper, cored, de-seeded and cut into chunks
- 1/2 small yellow pepper, cored, de-seeded and cut into chunks
- 1/2 teaspoon dried mixed herbs
- 1/2 tablespoon vegetable oil

**Method**
1. Heat the oven to 180°C / 350°F / Gas 4.
2. Place the vegetables on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil.
3. Roast for 20 to 25 minutes until tender.

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

<table>
<thead>
<tr>
<th>How much to serve?</th>
<th>Good choices</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>All types of <strong>bread</strong> – wholemeal, granary, brown, wheatgerm, white, multigrain, soda bread, potato bread, chapattis, naan bread, rotis, rolls, bagels, pitta bread, wraps and tortilla.</td>
<td>Look for lower-salt breads.</td>
</tr>
<tr>
<td><strong>Potatoes or sweet potatoes</strong> – boiled, mashed, baked or wedges</td>
<td>Processed potato products like waffles or smiley faces should be avoided.</td>
<td></td>
</tr>
<tr>
<td><strong>Yam, plantain, cocoyam, cassava</strong> and other starchy root vegetables</td>
<td>Avoid dried or canned ready-prepared pasta in sauce, as these are very salty.</td>
<td></td>
</tr>
<tr>
<td><strong>Pasta and noodles</strong> – wholemeal and white</td>
<td>Avoid fried rice or flavoured dried rice in packets.</td>
<td></td>
</tr>
<tr>
<td><strong>Rice</strong> – brown and white rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Other grains</strong> such as pearl barley, couscous or bulgur wheat, maize (polenta), quinoa and commeal</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Breakfast cereals</strong> – low-sugar, low-salt cereals such as porridge, puffed wheat, weet biskis, crisped rice or flaked wheat.</td>
<td>Avoid sugary breakfast cereals. Look for those that have no added sugar.</td>
<td></td>
</tr>
</tbody>
</table>

*Fortified cereals can be a good source of iron.*
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.
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.
RICE AND OTHER GRAINS

- **Couscous** 80g
- **Polenta** 80g
- **Pearl barley** 80g

White rice 80g
Brown rice 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.
POTATOES AND STARCHY ROOT VEGETABLES

- Jacket potato 80g
- Oven chips 80g
- Mashed potato 80g
- Mashed sweet potato 80g
- New potato slices 80g
- Mashed yam 80g

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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 bisk, 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

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.
### Vegetables and fruit

#### How much to serve?

Offer different fruits and vegetables at meals and snacks.

1-4 year olds should be encouraged to taste at least five different fruits and vegetables a day.

Aim for 40g portions of vegetables and fruits for all 1-4 year olds at meals and snacks.

#### Good choices

- **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

- **All types of salad vegetables** – for example, lettuce, watercress, celery, cucumber, tomato, raw carrot, raw pepper, radish or beetroot

- **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

- **Stewed fruit** such as stewed apple or pears, stewed dried fruit, stewed plums or stewed rhubarb

- **Dried fruit** such as raisins, dried apricots, dates, dried figs, prunes

#### Notes

- Avoid vegetables canned with added salt and sugar.

- 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.

- Avoid fruit canned in syrup.

- If the fruit to be stewed is sour, add a little apple juice, or mix with a sweeter fruit.

- Avoid dried fruit with added sugar and vegetable oil.

- Serve dried fruit with meals and not as snacks.
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.
GREEN, LEAFY VEGETABLES

- **Broccoli** 40g
- **Brussels sprouts** 40g
- **Cabbage** 40g
- **Cauliflower** 40g
- **Kale** 40g
- **Spinach** 40g

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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

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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

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- **Blackberries** 40g
- **Blackcurrants and redcurrants** 40g
- **Blueberries** 40g
- **Frozen mixed berries** 40g
- **Raspberries** 40g
- **Strawberries** 40g
BANANAS AND ORANGES

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

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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

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.
## Milk and dairy foods, and dairy alternatives

### How much to serve?

Foods from this group should be offered at 2-3 meals and snacks each day.

### Good choices

**Breastmilk**

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.

**Milk**

- Breastmilk
- Whole (full-fat) cows’ milk (or other whole animal milk)

**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.

**Cheese**

Cheese is high in salt, so use in small amounts.

**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.

### Notes

- 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.
- Avoid unpasteurised cheese and mould-ripened (blue-vein) cheeses.
- Vegetarian cheese is available if needed.
- 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.

- Do not serve rice milk to children under 5 years.
- 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.
Breastfeeding

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 www.nhs.uk/conditions/pregnancy-and-baby/pages/expressing-storing-breast-milk.aspx

Infant formula and follow-on formula are not needed after one year of age unless recommended by a health professional. Fortified toddler milks (growing-up milks) are not recommended for use as these are frequently sweetened and may have the wrong balance of nutrients.

Milk

Full-fat cows’ (or goats’ or sheep’s) 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.

Non-dairy milk alternatives

There are a number of non-dairy milk alternatives available, and any drink offered should be unsweetened and fortified. Parents may choose a plant-based milk because the family is vegan, or because their child has a cows’ milk protein allergy, but children who are allergic to cows’ milk protein may also be allergic to soya-based products. It is important to note that milk alternatives do not provide the same amount of energy and some other nutrients as animal milks. 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 the resource Eating well: vegan infants and under-5s at www.firststepsnutrition.org

Care needs to be taken if introducing non-dairy milk alternatives as the main milk drinks for very young children. On the next page, we give information about some of the unsweetened fortified milk alternatives that are available, and compare them with whole cows’ milk. Some organic versions of milk alternatives are available, but these are often not fortified.

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. If mums are still breastfeeding as the main milk drink, there is no need to know how much milk their young child is receiving as the intake will naturally adapt around food consumption. Some mums may breastfeed in the morning and at night and offer a smaller amount of cows’ milk during the day.

Children aged 2-4 years 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 want a drink before bed.

Large amounts of cows’ milk, particularly when given in a bottle, are linked to poorer dietary habits in young children, who won’t have the appetite for foods at meals. All children should be encouraged to drink milk from a cup after 1 year of age.
Soya milk alternative/soya drink

Unsweetened calcium-fortified soya milk alternative is the most cost-effective and easily sourced milk alternative, but this is lower in energy than full-fat milk and care has to be taken that the diet is sufficiently energy-dense if this is the main milk drink offered. Drinking larger amounts of a milk alternative may reduce a young child’s appetite for food at meals.

Other unsweetened fortified milk alternatives and drinks

Unsweetened fortified oat, coconut, hemp and nut drinks are more expensive milk alternatives and some of the products widely available are sweetened and may not be fortified. Some milk alternatives contain little of the plant protein named. For example, almond milk alternative often only contains 2% almonds. Some milk alternatives are typically not fortified with riboflavin and oat, coconut, hemp and almond milk alternatives are all lower in protein than cows’ milk or a soya-based milk alternative.

Care needs to be taken when using these milk alternatives as the main milk drink for very young children, and families are encouraged to discuss their milk choice and child’s diet with a health professional.

Below we show the amount of milk needed to provide the same number of calories as from full-fat cows’ milk and unsweetened fortified soya milk alternatives.

The glasses of milk below all provide the same amount of energy (calories).
### Non-dairy milk alternatives compared with whole cows’ milk

<table>
<thead>
<tr>
<th>Per 100ml</th>
<th>Whole cows’ milk&lt;sup&gt;1&lt;/sup&gt;</th>
<th>Unsweetened fortified oat milk alternative&lt;sup&gt;2&lt;/sup&gt;</th>
<th>Unsweetened fortified soya milk alternative&lt;sup&gt;3&lt;/sup&gt;</th>
<th>Unsweetened fortified hemp milk alternative&lt;sup&gt;4&lt;/sup&gt;</th>
<th>Unsweetened fortified coconut milk alternative&lt;sup&gt;5&lt;/sup&gt;</th>
<th>Unsweetened fortified almond milk alternative&lt;sup&gt;6&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy kcal</td>
<td>63</td>
<td>45</td>
<td>34</td>
<td>27</td>
<td>20</td>
<td>13</td>
</tr>
<tr>
<td>Protein g</td>
<td>3.4</td>
<td>1.0</td>
<td>3.4</td>
<td>0.6</td>
<td>0.1</td>
<td>0.5</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>4.6</td>
<td>6.5</td>
<td>0.3</td>
<td>&lt;0.1</td>
<td>2.7</td>
<td>0.1</td>
</tr>
<tr>
<td>Fat g</td>
<td>3.6</td>
<td>1.5</td>
<td>1.9</td>
<td>2.7</td>
<td>0.9</td>
<td>1.3</td>
</tr>
<tr>
<td>Vitamin D micrograms</td>
<td>Trace</td>
<td>1.5</td>
<td>0.8</td>
<td>1.1</td>
<td>0.75</td>
<td>0.75</td>
</tr>
<tr>
<td>Riboflavin mg</td>
<td>0.23</td>
<td>0.21</td>
<td>0.2</td>
<td>Not added</td>
<td>Not added</td>
<td>0.21</td>
</tr>
<tr>
<td>Vitamin B12 micrograms</td>
<td>0.9</td>
<td>0.38</td>
<td>0.4</td>
<td>Not added</td>
<td>0.38</td>
<td>0.38</td>
</tr>
<tr>
<td>Calcium mg</td>
<td>120</td>
<td>120</td>
<td>120</td>
<td>118</td>
<td>120</td>
<td>120</td>
</tr>
<tr>
<td>Iodine&lt;sup&gt;7&lt;/sup&gt; micrograms</td>
<td>31</td>
<td>8</td>
<td>13</td>
<td>16</td>
<td>8</td>
<td>6</td>
</tr>
<tr>
<td>Salt g</td>
<td>0.1</td>
<td>0.1</td>
<td>0.1</td>
<td>0.05</td>
<td>0.13</td>
<td>0.14</td>
</tr>
<tr>
<td>Price per 100ml</td>
<td>7p</td>
<td>15p</td>
<td>9p</td>
<td>15p</td>
<td>17p</td>
<td>17p</td>
</tr>
</tbody>
</table>

1 Based on cost of Tesco whole milk, 2 pints (1.136 litre) 2018.
2 Based on Oatly UHT oat milk alternative, Tesco 2018.
3 Based on Tesco own-brand unsweetened UHT soya milk alternative 2018.
4 Based on Good Hemp UHT unsweetened milk alternative, Tesco 2018.
5 Based on Alpro unsweetened UHT coconut milk alternative, Tesco 2018.
6 Based on Alpro unroasted unsweetened UHT almond milk alternative, Tesco 2018.
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
- **Soya yoghurt** 60g
- **Greek yoghurt** 50g
- **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.

<table>
<thead>
<tr>
<th>Good choices</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>Meat</strong> – all types including beef, lamb, pork, chicken and turkey</td>
<td>Avoid processed meat and fish products that are high in fat and salt, such as crumb-coated products, burgers, pies, sausages and canned meats.</td>
</tr>
</tbody>
</table>
| **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. | 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. |
| **Eggs** – including boiled, scrambled or poached, or in an omelette | 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.  
  
  Look for canned pulses with no added salt and sugar.  
  
  Choose lower-salt and low-sugar baked beans. |
| **Pulses** – including all sorts of beans and peas such as butter beans, kidney beans, chickpeas, lentils or baked beans | Avoid processed meat alternatives (such as vegetarian sausages, burgers and pies), as these can be high in salt. |
| **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 |  |
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.
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.
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**PULSES**

- **Butter beans (chopped)** 40g
- **Cannellini beans** 40g
- **Red kidney beans** 40g
- **Soya beans** 40g
- **Mixed beans** 40g
- **Baked beans** 55g
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NUTS AND SEEDS, AND THEIR PRODUCTS

- Peanut butter 15g
- Sunflower seeds (crushed) 20g
- Cashew nut butter 15g
- 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
- **Soft tofu** 50g
- **Quorn pieces** 50g
- **Tofu pieces** 50g

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.
For more information

Useful websites and publications

**Action for Children**
The updated Voluntary food and nutrition guidance for early years settings in England can be found at: [www.foundationyears.org.uk](http://www.foundationyears.org.uk)

**Child Feeding Guide**
[www.childfeedingguide.co.uk](http://www.childfeedingguide.co.uk)
Website and app to support families around fussy eating.

**First Steps Nutrition Trust**
[www.firststepsnutrition.org](http://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**

**Food for Life: Early Years**
[https://www.foodforlife.org.uk/early-years](https://www.foodforlife.org.uk/early-years)
An award scheme for early years settings that promotes a whole-setting approach in line with the Food for Life principles.

**Healthy Start**
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)
Information about the Healthy Start scheme in the UK.

**HENRY**
[www.henry.org.uk](http://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](http://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](http://www.nhs.uk)
The NHS Choices website contains information on healthy eating for under-5s.

**NHS Health Scotland/Scottish Government**
[www.healthscotland.com](http://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**

**Start4Life**
[www.nhs.uk/start4life](http://www.nhs.uk/start4life)
Start4Life provides a range of information to support eating well in the early years.

**Sustain**
[www.sustainweb.org](http://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](http://www.fbsresources.com)

**Ready, steady, toddler!**
[www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)
A website for families.

**Is your child a fussy eater?**
Leaflet. Available from [www.healthscotland.com](http://www.healthscotland.com)

**Public Health Agency (Northern Ireland)**
The following publications can be downloaded from [www.publichealth.hscni.net](http://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](http://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](http://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](http://www.healthchallengewales.org/infantfeeding-publications)

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

- **Start4Life**
[www.nhs.uk/start4life](http://www.nhs.uk/start4life)
Start4Life provides a range of information to support eating well in the early years.

- **Sustain**
[www.sustainweb.org](http://www.sustainweb.org)
Guide to sustainable food.
FIRST STEPS NUTRITION TRUST

www.firststepsnutrition.org

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