Good food choices and portion sizes for 1-4 year olds
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Published by First Steps Nutrition Trust.
First published in 2016.

A PDF of this resource is available on the First Steps Nutrition Trust website www.firststepsnutrition.org

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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

First Steps Nutrition Trust would like to thank Lizzie Vann for supporting the work of First Steps Nutrition Trust.

This resource was written by Dr Helen Crawley. The photos were taken by Helena Little. Thanks go to Georgia Machell and Rosa Sparks for food styling.

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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Registered charity number: 1146408
<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 alternatives</td>
<td>35</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.
- Eating well: Healthy snacks for 1-4 year olds

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**


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/documents/30341.aspx

**Northern Ireland**

For Northern Ireland, Nutrition matters for the early years: Guidance for feeding under fives in the childcare setting can be found at: https://www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting

**Wales**

For Wales, Food and nutrition for childcare settings can be found at: https://gov.wales/food-and-nutrition-childcare-settings-full-guidance

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

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**Eating well recipe book**

Simple, cost-effective ideas for the whole family

---

**Eating well: Packed lunches for 1-4 year olds**

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**LUNCH BOX TIPS**

- Eggs are a cheap, healthy and nutritious food. Are a great source of protein, iron, choline, zinc and many other nutrients.
- Make sure that eggs are thoroughly cooked before serving. Use a food thermometer to check the internal temperature of the eggs.
- Eggs need to be boiled for at least 7 minutes to ensure the white and yolk are cooked through.

---

**OTHER PACKED LUNCH IDEAS**

- Instead of boiled broccoli, you could serve:
  - Steamed mange tout or sugar snap peas
  - Cooked frozen peas, broad beans or green beans

---

**DRINK**

Serve water with the packed lunch shown on the left.
160g cherry tomatoes, halved
2 rice cakes
150g mushrooms, peeled and diced
1

Rice cakes with mushroom pâté and cherry tomatoes

**SNACK**

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

**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.
3. Add the beans and cook for a further 5 to 10 minutes.

**Ingredients**

- 1 small (200g) can chopped tomatoes
- 1 small onion, peeled and finely diced
- 1 teaspoon garlic paste
- 1 tablespoon cider vinegar
- 1/2 teaspoon turmeric
- 30g soya milk.

SAVOURY MEAL

**Method**

1. In a large pot, heat the oil and add the rice. Stir-fry for a minute, then add the water.
2. Reduce the heat, cover and simmer for 20 minutes or until the rice is tender and the liquid has been absorbed.

**Ingredients**

- 1/2 medium onion, peeled and cut into small pieces
- 1/2 medium courgette, trimmed and cut into chunks
- 2/3 medium potato, peeled and diced
- 80g basmati rice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon turmeric
- 2 tablespoons vegetable oil
- 2 teaspoons mixed herbs, de-seeded and cut into chunks
- 5 medium mushrooms, halved
- 2 small yellow pepper, cored, deseeded and cut into chunks
- 2 medium tomatoes, halved
- 160g cherry tomatoes, halved
- 4 rice cakes
- 25g dairy-free fat spread
- 15g raisins or sultanas, chopped
- 80g basmati rice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon turmeric
- 2 tablespoons vegetable oil
- 2 teaspoons mixed herbs, de-seeded and cut into chunks
- 5 medium mushrooms, halved
- 2 small yellow pepper, cored, deseeded and cut into chunks
- 2 medium tomatoes, halved
- 160g cherry tomatoes, halved
- 4 rice cakes
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- 80g basmati rice
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon turmeric
- 2 tablespoons vegetable oil
- 2 teaspoons mixed herbs, de-seeded and cut into chunks
- 5 medium mushrooms, halved
- 2 small yellow pepper, cored, desee...
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 bixs, 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 sugar breakfast cereals. Look for those that have no added sugar.

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.

- **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.
RICE AND OTHER GRAINS

- White rice 80g
- Brown rice 80g
- Couscous 80g
- Polenta 80g
- Pearl barley 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

Mashed potato 80g

New potato slices 80g

Jacket potato 80g

Oven chips 80g

Mashed sweet potato 80g

Mashed yam 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.
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

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

Weet bisks  20g and 100ml milk

Ready brek  100g

Shredded wheat  1 bisk  12g and 100ml milk

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

Porridge made with milk alternative  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

<table>
<thead>
<tr>
<th>Category</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>All types of <strong>fresh, frozen and canned vegetables</strong> – for example, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, courgette, green beans, kale, mushrooms, parsnips, peas, peppers, pumpkin, red cabbage, squash, spinach, swede or turnip</td>
<td></td>
</tr>
<tr>
<td>All types of <strong>salad vegetables</strong> – for example, lettuce, watercress, celery, cucumber, tomato, raw carrot, raw pepper, radish or beetroot</td>
<td></td>
</tr>
<tr>
<td>All types of <strong>fresh fruit</strong> – such as apples, bananas, pears, grapes, kiwi fruit, oranges, plums, berries, melon or mango</td>
<td></td>
</tr>
<tr>
<td>All types of <strong>canned fruit</strong> in juice – for example, peaches, pears, pineapple, mandarin oranges, prunes, guava or lychees</td>
<td></td>
</tr>
<tr>
<td><strong>Stewed fruit</strong> such as stewed apple or pears, stewed dried fruit, stewed plums or stewed rhubarb</td>
<td></td>
</tr>
<tr>
<td><strong>Dried fruit</strong> such as raisins, dried apricots, dates, dried figs, prunes</td>
<td></td>
</tr>
</tbody>
</table>

## 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

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

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 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
Beetroot 40g
Celery sticks 40g
Avocado 40g
Carrot sticks 40g
Lettuce 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.
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

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Description</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>1/2 apple</td>
<td>40g</td>
</tr>
<tr>
<td>Stewed apple with juice</td>
<td></td>
<td>70g</td>
</tr>
<tr>
<td>Pear</td>
<td>1/3 pear</td>
<td>40g</td>
</tr>
<tr>
<td>Pears, canned in juice, served without juice</td>
<td></td>
<td>40g</td>
</tr>
<tr>
<td>Stewed pear with juice</td>
<td></td>
<td>70g</td>
</tr>
</tbody>
</table>

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.
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

**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

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.
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

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 plant-based milk alternatives

## How much to serve?
Foods from this group should be offered at 2-3 meals and snacks each day.

## Good choices

<table>
<thead>
<tr>
<th>Breastmilk</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
</tr>
</tbody>
</table>

**Plant-based milk alternatives**
For children who avoid dairy products, or who are on plant-based diets, unsweetened calcium-fortified soya milk alternative can be given as the main milk drink from 1 year of age. Pea-based milk alternative has a similar nutritional profile to soya-based milk alternative but may not contain riboflavin. Other plant-based milk alternatives such as those made from nuts, coconut, oats or hemp may be higher in sugars, lower in energy and protein, or have few fortificants added.

For more information on plant-based milk alternatives, see the next page.

<table>
<thead>
<tr>
<th>Good choices</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mothers should be supported to continue to breastfeed in early years settings, or provide expressed breastmilk if they wish to do so.</td>
<td>Mothers should be supported to continue to breastfeed in early years settings, or provide expressed breastmilk if they wish to do so.</td>
</tr>
</tbody>
</table>

## 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 skimmed milk, 1% fat milk and drinks marketed as growing-up or toddler milks.**

- **Do not serve rice-based milk alternative or rice drink to children under 5 years.**
- **Most milk alternatives (including soya-based 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 and nutrients.**

- **Choosing plant-based milk alternatives for very young children may compromise their energy and nutrient intake, and families should be encouraged to seek advice from their health visitor or GP.**

- **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.**
MILK AND PLANT-BASED MILK ALTERNATIVES

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/baby/breastfeeding-and-bottle-feeding/breastfeeding/expressing-breast-milk/

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

Milk

Full fat cows’, goats’, sheep’s or other animal 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.

Plant-based milk alternatives

There are a number of plant-based 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 allergy, but children who are allergic to cows’ milk may also be allergic to soya-based products. It is important to note that plant-based 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 plant-based milk alternatives as the main milk drinks for very young children. On the next page, we give information about some of the common fortified plant-based milk alternatives that are available, and compare them with whole cows’ milk. Some organic versions of plant-based milk alternatives are available, but these are not always 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-based milk alternative is the most cost-effective and easily sourced plant-based 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 plant-based milk alternative may reduce a young child’s appetite for food at meals.

Other unsweetened fortified plant-based milk alternatives and drinks

Unsweetened fortified pea-based milk alternative has a similar energy and protein content to soya-based milk alternative but may not be fortified with riboflavin. Oat-based milk alternatives will contain free sugars from the processing of the oats used. Nut-, coconut- and hemp-based milk alternatives can be low in energy and protein and may not have the same level of fortification.

Care needs to be taken when using these plant-based 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.

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

<table>
<thead>
<tr>
<th>Milk Alternative</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole cows’ milk</td>
<td>50ml</td>
</tr>
<tr>
<td>Oat-based milk alternative</td>
<td>75ml</td>
</tr>
<tr>
<td>Soya or pea-based milk alternative</td>
<td>100ml</td>
</tr>
<tr>
<td>Coconut-based milk alternative</td>
<td>250ml</td>
</tr>
<tr>
<td>Almond-based milk alternative</td>
<td>250ml</td>
</tr>
</tbody>
</table>

Note: The milk alternatives shown above are based on unsweetened and fortified versions as shown in the table on the next page. Oat-based milk alternative does not have added sugars but will contain free sugars from the processing of the oats in manufacture. All plant-based milk alternatives are ultra-processed foods.
### Plant-based milk alternatives for vegan children

<table>
<thead>
<tr>
<th>Per 100ml</th>
<th>Whole cows’ milk¹</th>
<th>Fortified oat milk alternative²</th>
<th>Unsweetened fortified soya milk alternative³</th>
<th>Unsweetened fortified pea milk alternative⁴</th>
<th>Unsweetened fortified coconut milk alternative⁵</th>
<th>Unsweetened fortified almond milk alternative⁶</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy kcal</td>
<td>63</td>
<td>46</td>
<td>33</td>
<td>32</td>
<td>14</td>
<td>13</td>
</tr>
<tr>
<td>Protein g</td>
<td>3.4</td>
<td>1.0</td>
<td>3.3</td>
<td>3.3</td>
<td>0.1</td>
<td>0.4</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>4.6</td>
<td>6.7</td>
<td>1.0</td>
<td>0.1</td>
<td>0</td>
<td>Nil</td>
</tr>
<tr>
<td>Fat g</td>
<td>3.6</td>
<td>1.5</td>
<td>1.8</td>
<td>2.0</td>
<td>1.2</td>
<td>1.1</td>
</tr>
<tr>
<td>Vitamin D micrograms</td>
<td>Trace</td>
<td>1.1</td>
<td>0.75</td>
<td>0.78</td>
<td>0.75</td>
<td>0.75</td>
</tr>
<tr>
<td>Riboflavin mg</td>
<td>0.23</td>
<td>0.21</td>
<td>0.21</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>0.38</td>
<td>0.94</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>186</td>
<td>120</td>
<td>120</td>
</tr>
<tr>
<td>Iodine⁷ micrograms</td>
<td>31</td>
<td>22.5</td>
<td>13</td>
<td>31</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>0.26</td>
<td>0.13</td>
<td>0.13</td>
</tr>
<tr>
<td>Price* per 100ml</td>
<td>7p</td>
<td>15p</td>
<td>10p</td>
<td>20p</td>
<td>18p</td>
<td>18p</td>
</tr>
</tbody>
</table>

* These prices are based on fresh milks where available. UHT milks are often cheaper.
1 Tesco whole cows’ milk 2 pints (1.13 litres), Tesco 2021, 77p/litre
2 Oatly Oat Drink, Tesco 2021, £1.50/litre
3 Tesco Soya Unsweetened, Tesco 2021, 95p/litre
4 Mighty Pea Unsweetened M.U.K., Tesco 2021, 22.00/litre
5 Alpro Coconut No Sugars, Tesco 2021, £1.80/litre
6 Alpro Almond No Sugars, Tesco 2021, £1.80/litre
7 If data not available on product, data was taken from: Bath et al, 2016. Iodine concentration of milk-alternative drinks available in the UK. Proceedings of the Nutrition Society, 75 (OCE3), E119.
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**

<table>
<thead>
<tr>
<th>Meat</th>
<th>All types including beef, lamb, pork, chicken and turkey</th>
</tr>
</thead>
</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. Fresh or 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.
- 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.
- Avoid processed meat alternatives (such as vegetarian sausages, burgers and pies), as these can be high in salt.
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
- **Canned tuna** 40g
- **Canned sardine** 40g
- **Canned pilchards in tomato sauce** 50g
- **Salmon fillet** 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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- 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.
### NUTS AND SEEDS, AND THEIR PRODUCTS

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut butter</td>
<td>15g</td>
</tr>
<tr>
<td>Cashew nut butter</td>
<td>15g</td>
</tr>
<tr>
<td>Sunflower seeds (crushed)</td>
<td>20g</td>
</tr>
<tr>
<td>Tahini</td>
<td>15g</td>
</tr>
<tr>
<td>Pumpkin seeds (crushed)</td>
<td>20g</td>
</tr>
</tbody>
</table>

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MEAT ALTERNATIVES

- **Quorn mince** 50g
- **Quorn pieces** 50g
- **Soft tofu** 50g
- **Tofu pieces** 50g

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Ready, steady, toddler!
www.readysteadytoddler.org.uk
A website for families.

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 (Updated in 2018)
  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:

Public Health Wales
Bump, baby & beyond
A book with information on pregnancy, birth and into the toddler years. Available from: http://www.wales.nhs.uk/documents/Pregnancy%20to%204%20Years%20Book%20FINAL%20English%20March%202019%20-%20E-Book%20V....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

Welsh Government
Food and Nutrition for Childcare Settings

Menus and recipes to accompany the guidance can be downloaded from:
https://gov.wales/food-and-nutrition-childcare-providers