



5532 a-day

Perfect portions for toddler tums

Your guide to feeding your toddler a healthy, varied and balanced diet to give them all they need to grow and be healthy.

Did you know that toddlers have different dietary requirements to you?

They need a diet made up of foods from the 4 main food groups, in the right balance and in portion sizes just right for them.

Your toddler will need about this number of portions across the day from each food group:

Starchy Foods x 5-a-day

Fruit & Vegetables x 5-a-day

Dairy Foods x 3-a-day

Protein Foods x 2-a-day*

= 5532-a-day

*3 Portions if child is vegetarian.



*3 Portions if child is vegetarian.



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Toddlers' appetites vary from day to day – this leaflet gives examples of the portion sizes to offer, but let your child decide how much to eat.

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Sara Stanner, British Nutrition Foundation

This handy guide is packed with helpful guidance, advice and tips on how you can help your toddler get a healthy diet with all the nutrients they need. It includes portion size information across a wide variety of foods.

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Starchy Foods

5
a-day

One portion of these foods should be offered at each meal and at some snack times. Choose wholegrain and fortified versions where possible.

See opposite for examples of portion sizes.



1/2-1 bread slice



2-4 potato wedges



1/2-1 scone



1/2-1 chapati



1/4-1/2 pitta bread



1/4-1/2 tortilla



3-5 tbsp
breakfast cereal



1-2 rice/oat
cakes



1-2 plain
breadsticks



2-4 tbsp
cooked pasta



2-4 tbsp
cooked rice



2-4 tbsp cooked
couscous



1-3 tbsp
mashed potato



1/4-1/2 boiled
medium potato



1/2-1 Scotch
pancake



1/4-1/2 roast
medium potato



1/4-1/2 baked
medium potato



2-4 tbsp canned
spaghetti hoops

“

Meals for toddlers should be based on starchy foods, which provide energy, vitamins, minerals and, in some cases, fibre. Starchy foods like oatcakes, breadsticks and fingers of toast can also make healthy snacks.

”

Sara Stanner, British Nutrition Foundation

Fruit & Vegetables

5 a-day



Serve at least one portion at each meal and at some snack times. Children can eat larger portions if they wish. Fresh, frozen, canned and dried varieties all count. However, dried fruit such as raisins, sultanas, dried apricots and dates should be limited to meal times and to no more than one snack a day because of their high sugar content.

See opposite for examples of portion sizes.



1/4-1/2 medium apple



1/4-1 medium banana



1/4-1/2 medium mango



1/4-1/2 medium orange



1/4-1/2 peach



1/4-1/2 medium pear



1/2-1 clementine



1/2-1 plum



1/2-1 apricot



3-8 grapes



3-8 raspberries



3-8 blueberries



3-8 strawberries



1-3 dried apricots



1-3 dates



1-3 dried figs



1/2-2 tbsp of sultanas



1/2-2 tbsp dried cranberries



1-3 cherry tomatoes



1/2-2 tbsp cooked swede



1/2-2 tbsp cooked broccoli



1/2-2 tbsp cooked cauliflower



2-6 carrot sticks



1/2-2 tbsp cooked courgettes



1/2-2 tbsp cooked squash



1/2-2 tbsp cooked greens



1/2-2 tbsp cooked beans



1/2-2 tbsp cooked leeks



1/2-2 tbsp cooked peas



1/2-2 tbsp cooked spinach



1-3 button mushrooms



1/2-2 tbsp cooked sweetcorn



1/2-2 tbsp roasted vegetables



1/2-2 tbsp sweet potato



2-4 tbsp canned fruit

Dairy Foods

3 a-day

Serve 3 portions a day. Children under 2 years should have whole milk or yogurt. Those eating well can be given semi-skimmed milk after 2 years. Skimmed or 1% milk is not suitable as a drink for children under 5. Products fortified with vitamin D can make a useful contribution to intakes.

See opposite for examples of portion sizes.



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Milk and dairy foods provide protein and essential nutrients like calcium for healthy bones and teeth, and B vitamins for energy.

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Sara Stanter, British Nutrition Foundation

Protein Foods

2 a-day

Serve 2-3 portions a day (3 for a vegetarian toddler). Fish should be served at least twice a week and one of these should be oily fish e.g. salmon, sardines, mackerel, trout.

See opposite for examples of portion sizes.



1-2 cocktail sausages



1/2-1 slice of chicken or turkey



1/2-2 tbsp prawns



1/2-1 tbsp tinned sardines



2-3 tbsp scrambled egg



2-3 tbsp kidney beans



1/2-1 slice of beef



1/4-1 burger



1-2 fish fingers



1-2 tbsp hummus



Peanut butter on bread/toast



2-4 tbsp cooked mincemeat eg. bolognese sauce



2-3 tbsp dhal



1/4-1 small fillet cod or haddock



1/2-1 1/2 tbsp tinned tuna



1/2-1 boiled egg



1-2 tbsp chopped or ground nuts



2-3 tbsp lentils



1/2-1 slice pork



1/4-1 small fillet salmon



1/2-1 1/2 tbsp tinned salmon



1/2-1 fried egg



2-3 tbsp chickpeas



2-3 tbsp baked beans

Meal times

Try to have regular meal and snack times each day.

Offer your toddler a healthy, varied diet from the 4 main food groups at meal and snack times, all served in appropriate portion sizes.

Include your toddler in family meal times.

Involve your toddler, as much as is safe to do so, in food preparation and make meals as colourful, interesting and enjoyable as possible.

Offer small portions as some children find big portions off putting. They can always have second helpings.

Children's food preferences vary from day to day so keep offering your toddler new foods, alongside familiar favourites.

Encourage your toddler to feed themselves with finger foods such as breadsticks, bits of pitta bread, fingers of toast, vegetable sticks, chopped up fruit, small sandwiches, small sausages or fish fingers.

Most toddlers can regulate their own appetite so encourage them to eat but do not force them or expect them to eat if they are not hungry.

Some toddlers are slow eaters so allow plenty of time for them to eat.

ALWAYS offer a drink with meal times, water or milk are good choices.

TOP TIP

Encourage eating opportunities with other children as toddlers will often accept new foods if they see their friends eating them.

Snacks

Offer your toddler a small, healthy snack 2 to 3 times a day e.g. one mid-morning, one mid-afternoon and maybe one before bedtime. This will allow an opportunity other than meal times to provide important nutrients.

Snack time is also a good time to offer a drink.

Healthy snacks

- Pieces of fresh fruit e.g. apple, banana, grapes, pear, satsuma
- Toast or bread sticks with peanut butter, cream cheese, hummus or tuna pâté
- Cheese with crackers, oatcakes, unsalted rice cakes or chapati
- Bagel, English muffin, teacake, or bread with butter or spread
- Fruit and yogurt smoothie or fromage frais/yogurt with fruit slices

Meal Occasions



Offer your toddler 6-8 glasses or beakers (about 100ml a serving) of drinks a day with meals and at snack times.

Tap water is a good choice and should always be made available, throughout the day.

TOP TIP

Always dilute fruit juice (one part juice to 10 parts water) and only offer at meal times.

Fruit juice can be consumed occasionally and can contribute to vitamin C intakes .

Limit sugar-sweetened and fizzy drinks as these can fill toddlers up and reduce their appetite at meal times. Sugary and fizzy drinks can also damage a child's teeth if they aren't brushed regularly.

Children under 2 years should have whole milk. Those eating well can be given semi-skimmed milk after 2 years. Skimmed or 1% milk is not suitable for children under 5.

Tea and coffee are NOT SUITABLE FOR TODDLERS as they contain caffeine and can reduce the amount of iron absorbed from food, especially if they're given with meals. *

Drinks

Restrictive diets

Strict diets for toddlers are not suitable without supplementation e.g. toddlers on a vegan diet may need an extra supplement of vitamin B12 (and maybe iron), so talk to your health professional if your toddler is on a strict diet.

If your toddler follows a specific diet e.g. vegetarian diet, then they will need at least 3 portions a day of foods such as eggs, nuts, pulses, soya, and tofu to ensure they get enough protein, iron and zinc.

Iron from non-meat sources is absorbed better when eaten with foods containing vitamin C such as fruit, vegetables or fruit juices so serve these with foods containing iron.

Supplements

Children from 6 months to 5 years, including those who are breastfed or consuming less than 500ml of formula milk per day, should be given supplements of vitamins A, C and D, this is particularly important if they do not eat a varied diet, and/or if they have dark skin and/or have to cover themselves for cultural reasons.

Vitamin drops are available from NHS health centres through the Healthy Start scheme, and some families receiving certain benefits, may be entitled to free vitamin supplements and weekly vouchers to spend on milk, fruit and vegetables.
www.healthystart.nhs.uk

You can also find supplements containing these vitamins in amounts that are suitable for toddlers at pharmacies and other retailers.

Salt

Limit the amount of salty foods your toddler eats. Foods such as crisps, ready meals, some breakfast cereals, ham, baked beans, sauces, olives and smoked fish can contain added salt so check the food labels or buy low-salt versions.

Your toddler should eat no more than 2g of salt per day (0.8g of sodium). For example, one packet (25g) of plain crisps contains between 0.3g-0.6g of salt, one slice of ham contains about 0.3g of salt, 2 tbsp of baked beans contains about 0.5g of salt.

TOP TIP

Try using spices and herbs to flavour foods when cooking rather than adding salt and you don't need to add salt to toddlers' food at the table.

Other food matters

Fat

Your toddler needs some fat in the diet from foods such as whole milk and other full fat dairy foods, oily fish, spreads and some vegetable oils. These provide other important nutrients in the diet as well.

However, try to limit high fat foods such as cakes, biscuits and fried foods as they are usually low in other nutrients.

WARNING!

FOOD ALLERGIES

Don't cut out foods from your toddler's diet unless an allergy or intolerance has been professionally diagnosed by a doctor or a dietitian who can then advise you on the best treatment and diet to avoid symptoms.

Very few children have true food allergies and many children will grow out of these by the time they start school.

CHOKING

Any food has the potential to cause choking, especially small, round or hard foods, or those that are difficult to chew such as whole grapes, whole nuts, sweets, apple pieces and raw vegetable sticks.

NEVER leave your toddler alone while eating, make sure they are sitting down, and encourage them to chew properly.

A first aid course will help you to respond appropriately should your baby or toddler choke whilst eating. Try your local Children's Centre for courses and information.

Physical activity

Try to encourage your toddler to be physically active for at least 3 hours (180 minutes) every day, spread throughout the day. This could be any kind of movement, like 'tummy time' – rolling and playing on the floor, playing with other children, or parent and baby swimming sessions.

Try to avoid your toddler being still for too long: sitting for long periods e.g. in high chairs, car seats or buggies, watching TV or playing computer games.

Healthy Teeth

Encourage good dental habits with your toddler by brushing teeth twice a day with toothpaste containing fluoride and visit the dentist regularly.

Limit the amount of foods with added sugar that your toddler eats such as sweets, fizzy drinks, chocolate and cakes, and foods that can stick to their teeth such as savoury snacks and dried fruit.



Lifestyle

“ Outdoor play with short periods of sun exposure can also help your toddler make vitamin D in the spring and summer months. ”

Sara Stanner, British Nutrition Foundation

For more information about nutrition
for toddlers visit [www.nutrition.org.uk/
healthyliving/toddlers](http://www.nutrition.org.uk/healthyliving/toddlers)



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