



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

Fruit & Vegetables

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 at each meal so that your toddler learns they are a normal part of each meal. Aim for about five servings a day.

- Serve fruit at breakfast and at least one vegetable and one fruit at lunch and the evening meal.
- Set a good example by eating fruit and vegetables yourself.
- Cut raw fruit and vegetables into slices, cubes or sticks as toddlers find these easier to eat than a large whole fruit.
- Toddlers often prefer the flavour of vegetables that have been stir fried, roasted or baked rather than boiled.

