



Healthy Toddlers



Eat together as a family and make mealtimes relaxed, happy occasions

Make food easy to eat – finger foods are good. Eat the foods that you would like your toddler to eat. Praise your toddler when he or she eats well or tries something new – toddlers take time to learn to like new foods.



Offer foods from all five food groups each day

Together they give the right mix of nutrients your toddler needs. (See overleaf)



You decide which nutritious foods to offer but let your toddler decide how much to eat

Never insist your toddler eats everything on his or her plate.



Have a routine and offer 3 meals and 2-3 snacks each day

Offer 2 courses at each meal and only offer nutritious snacks. Don't allow grazing on food.



Offer 6-8 drinks a day

Give all drinks in a beaker or cup – not bottles. 3-4oz or 100-120ml is about right. Water is a good choice.



Give vitamin D every day

Toddlers don't get enough in their food and need 10 micrograms in a supplement each day.



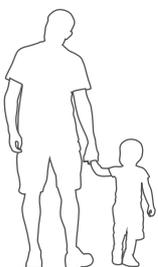
Respect your toddler's tastes and preferences - don't force feed

Some children eat almost everything while others are much more picky. Some like foods kept separate on the plate and others are happy with foods mixed in together.



Reward your toddler with your attention - never give food or drink as a reward, treat or for comfort

Play, read or talk with your toddler as a reward. Always give fruit or a nutritious pudding – don't use it as a reward for eating other foods first or for good behaviour.



Limit

- Fried food, crisps, packet snacks, pastries, cakes and biscuits to very small amounts.

... and avoid

- Sugary squash, fizzy drinks, fruit juice, tea and coffee.
- Whole nuts and small, soft round foods which may cause choking.



Encourage physical activity for at least 3 hours every day and about 12 hours sleep

All activity such as active play inside and outside, walking, running and dancing counts. Limit TV and other screen time like tablets to just 1 hour a day.

Here's a helpful guide showing you the five food groups

The Five Food Groups

One toddler-size portion is about:

<p>Bread, rice, potatoes, pasta and other starchy foods</p> <ul style="list-style-type: none"> • Offer at each meal and at some snacks • Choose whole grain often 		<ul style="list-style-type: none"> • $\frac{1}{2}$-1 slice whole grain or white bread or $\frac{1}{4}$-$\frac{3}{4}$ bread roll • 3-6 heaped Tbs whole grain or fortified breakfast cereal without a sugarcoating. No need to add extra sugar - sweeten naturally with dried or fresh fruit • 5-8 Tbs of hot cereal like porridge made up with milk • 2-5 Tbs of rice or pasta • $\frac{1}{2}$ - $1\frac{1}{2}$ egg sized potatoes or 1-4 Tbs of mashed potato • $\frac{1}{2}$-2 crispbreads or 1-3 crackers
<p>Fruit and vegetables</p> <ul style="list-style-type: none"> • Offer at each meal and at some snacks 		<ul style="list-style-type: none"> • $\frac{1}{4}$ - $\frac{1}{2}$ medium apple, orange, $\frac{1}{4}$ - $\frac{3}{4}$ pear or $\frac{1}{4}$ - 1 medium banana • 3-10 small berries or grapes • 2-4 Tbs raw, freshly cooked, stewed or mashed fruit • 1-3 Tbs raw or cooked vegetables
<p>Milk, cheese and yogurt</p> <ul style="list-style-type: none"> • 3 toddler portions per day • No bottles of milk 		<ul style="list-style-type: none"> • 3-4 oz (100-120 ml) whole cows' milk as a drink in a cup • 1 small pot (125 ml) yogurt or 2 x 60g pots of fromage frais • 2-4 Tbs grated cheese • Cheese in a sandwich or on a piece of pizza • 5-7 Tbs custard or 4-6 Tbs milk pudding • Give whole milk rather than lower fat milks from 12 months of age until at least 2 years of age
<p>Meat, fish, eggs, nuts and pulses</p> <ul style="list-style-type: none"> • 2 to 3 toddler portions per day 		<ul style="list-style-type: none"> • 2-4 Tbs ground, chopped or cubed lean meats, fish or poultry • $\frac{1}{2}$-1 whole egg • 2-4 Tbs whole pulses (beans, lentils, dahl) or 1-2 Tbs hummus • $\frac{1}{2}$-1 Tbs peanut butter or 1-2 Tbs ground or chopped nuts
<p>Oils, butter and fat spreads</p> <ul style="list-style-type: none"> • Include small amounts twice a day • Choose high omega 3 oils e.g. rapeseed, olive and soya oils 		<ul style="list-style-type: none"> • 1 Tsp oil • 1 Tsp butter or fat spread • 1-2 Tsp mayonnaise • 1 Tbs cream
<p>Sugary foods and packet snacks</p> <ul style="list-style-type: none"> • Toddlers under two years of age have lower energy requirements and should not be offered any sweet puddings, cakes, biscuits, confectionery, chocolate or savoury snacks such as crisps. • Over two years of age you can offer small amounts of sweet foods and salty snack foods occasionally but these should not be a regular part of a toddler's everyday foods. 		<p>Once a day:</p> <ul style="list-style-type: none"> • $\frac{1}{2}$-1 digestive biscuit or 1-2 small biscuits or 1 small slice cake or pudding • 1 Tsp jam or honey or added sugar <p>If given, limit to once a week only:</p> <ul style="list-style-type: none"> • 4-6 crisps or 2-4 sweets or 1 small fun-sized chocolate bar or a sweet drink such as squash or fruit juice

Tbs = tablespoons Tsp = teaspoons

Interested in finding out more? Visit www.infantandtoddlerforum.org

If you have any questions or concerns about your toddler's health speak to your GP or health visitor.

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