

# What is a Healthy Balanced Diet?

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# What is your definition of healthy eating?

# A Balanced Diet is:

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- Adequate energy (calories)
  - EAR (Estimated Average Requirement) for age
- Includes all nutrients
  - RNI (Reference Nutrient Intake)
- What are the nutrients?
- Which is the odd one out and why?

# What is the easy way to include all the nutrients?

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- What are the food groups?

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



# USA : Food Pyramid

Fats, Oils & Sweets  
**USE SPARINGLY**

**KEY**

■ Fat (naturally occurring and added)

■ Sugars (added)

These symbols show fats and added sugars in foods.

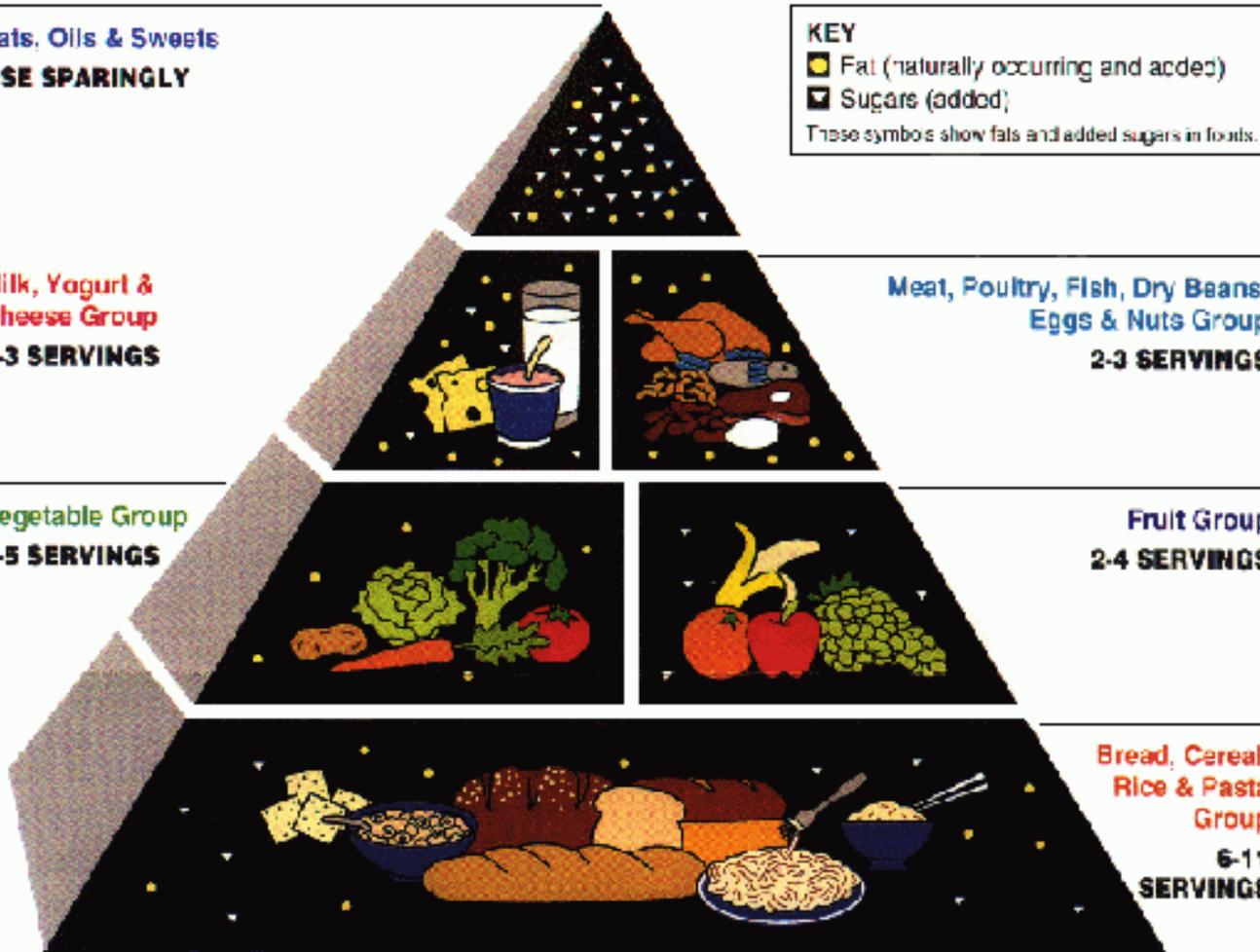
Milk, Yogurt &  
Cheese Group  
**2-3 SERVINGS**

Meat, Poultry, Fish, Dry Beans,  
Eggs & Nuts Group  
**2-3 SERVINGS**

Vegetable Group  
**3-5 SERVINGS**

Fruit Group  
**2-4 SERVINGS**

Bread, Cereal,  
Rice & Pasta  
Group  
**6-11  
SERVINGS**



# MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



Grains Make half your grains whole	Vegetables Vary your veggies	Fruits Focus on fruits	Milk Get your calcium-rich foods	Meat & Beans Go lean with protein
<p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Fruits are nature's treats — sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [MyPyramid.gov](http://MyPyramid.gov)

Eat 6 oz. every day; at least half should be whole	Eat 2 1/2 cups every day	Eat 1 1/2 cups every day	Get 3 cups every day; for kids ages 2 to 8, it's 2 cups	Eat 5 oz. every day
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**Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

**Find your balance between food and fun**

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!

**Fats and sugars — know your limits**

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.





## Food Groups

Grains Group	Vegetable Group	Fruit Group	Dairy Group	Protein Foods Group
Make at least half your grains whole.	Vary your veggies.	Focus on fruits.	Get your calcium-rich foods.	Go lean with protein.

<http://www.choosemyplate.gov/>



# 1. Use the Healthy Diet Pyramid



# Malaysian Food Pyramid



Figure 1.1 Malaysian Food Pyramid

## 식품구성탑



한국영양학회

Figure 1. Food Tower for Food Guidance for Koreans  
(Source: the Korean Nutrition Society, 2005, p.347)

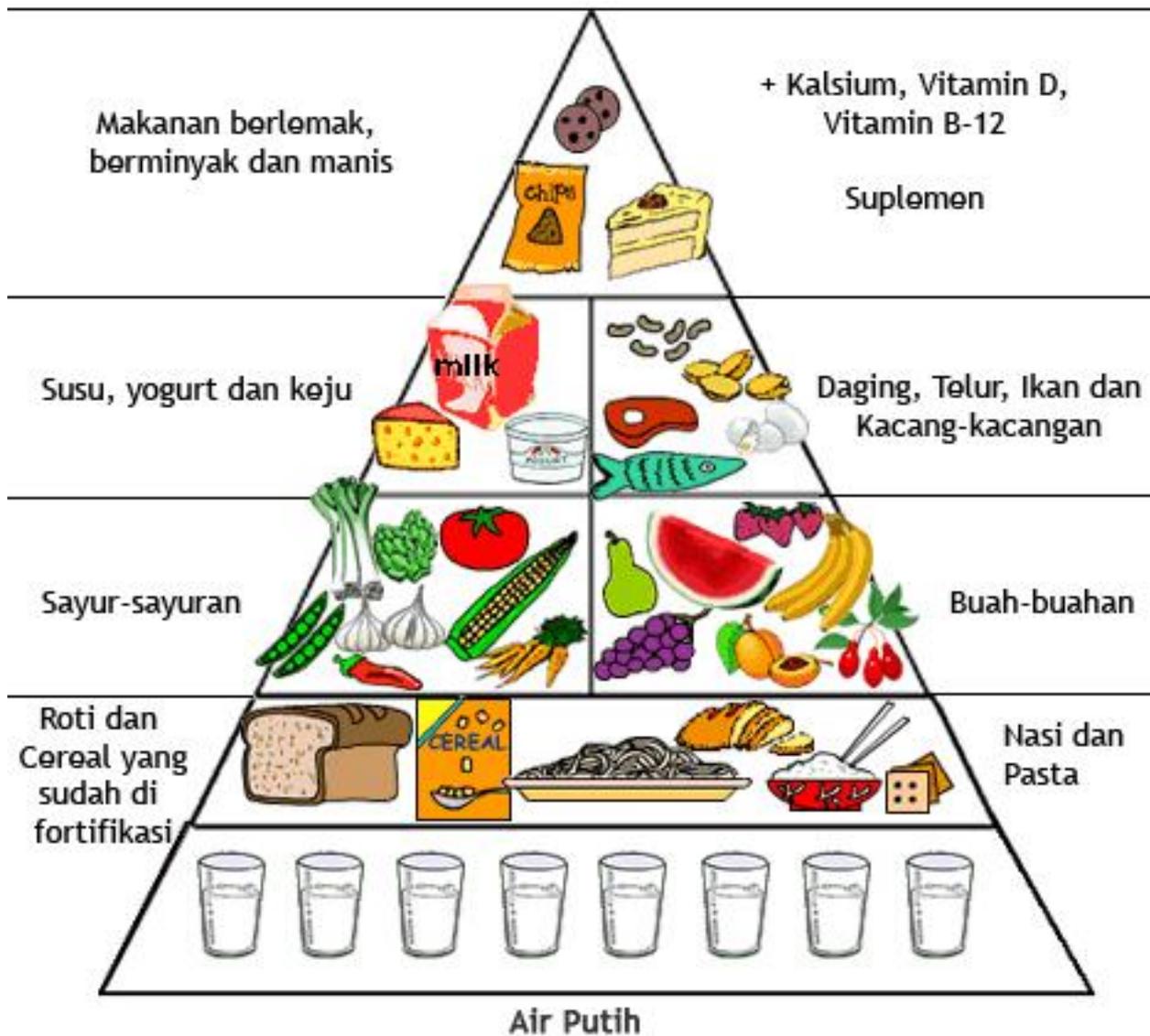
Fats, Oils, Nuts, and Sugar

Milk, and Milk products

Meat, Fish, Eggs, and Beans

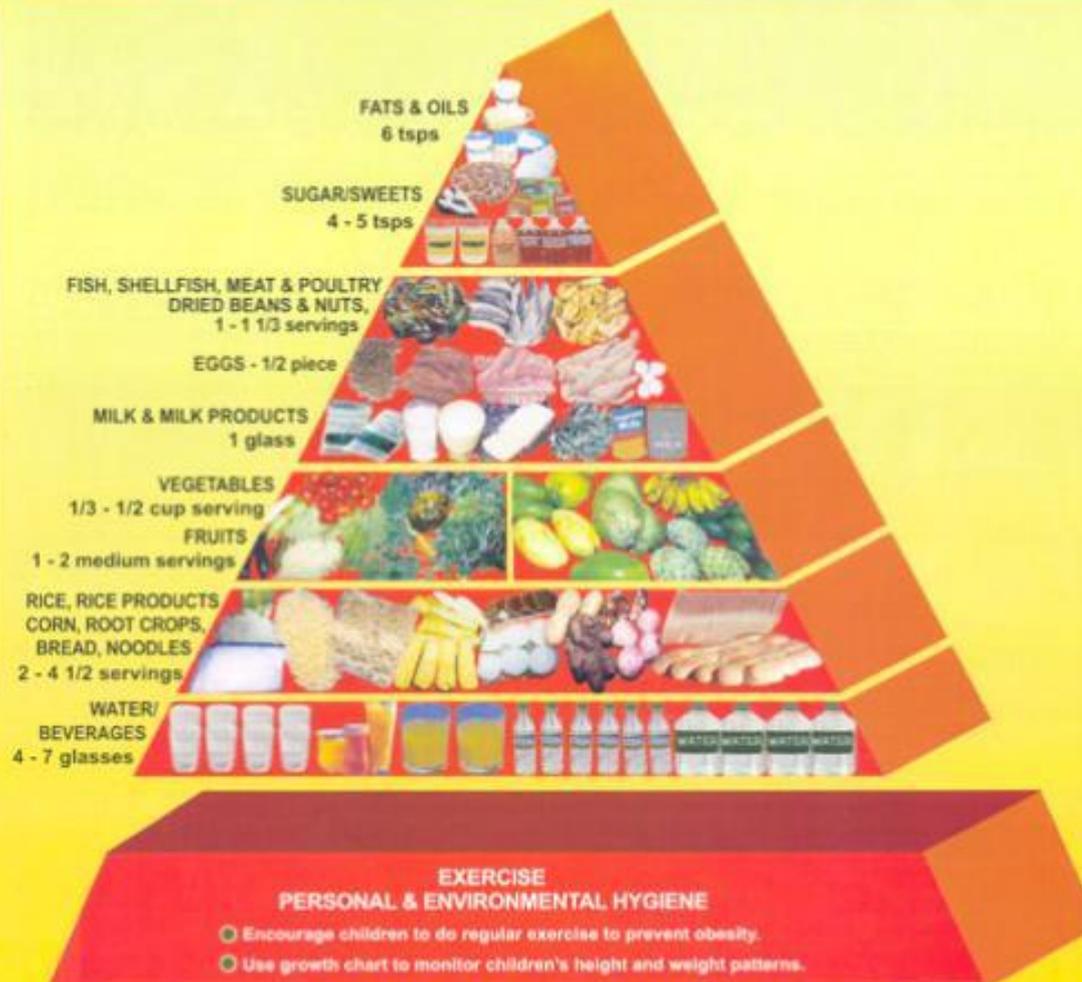
Vegetables and Fruits

Grains and Starches



Indonesia

# Daily Nutritional Guide Pyramid for Filipino Children (1-6 yrs)



## EATING PLAN FOR HEALTHY LIVING

Eat a variety of foods everyday to ensure that all nutrients are provided in proper amount and balance.  
Use iodized salt and eat other fortified foods to increase the intake of micronutrients.

Source: Nutritional Guidelines for Filipinos (NGF) 2000



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# Thailand Nutrition Flag

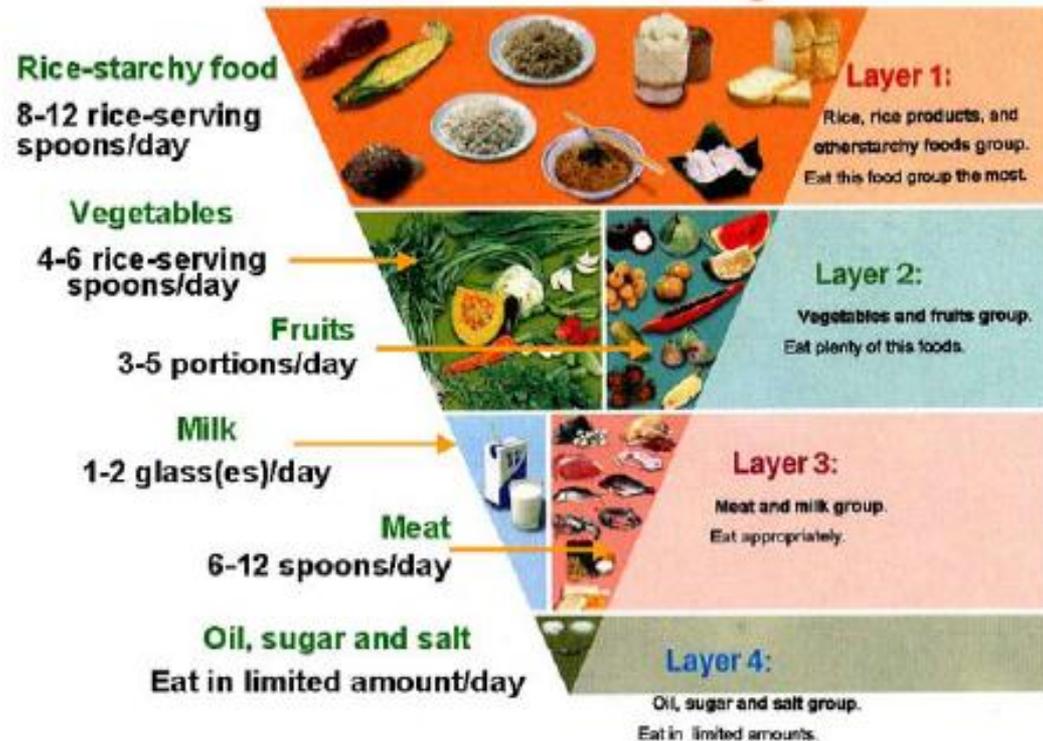


Figure 1. Thailand Nutrition Flag “Healthy Eating for Thais”. The “Nutrition Flag” represents a way to consume food that will enable Thai people to have adequate diets and “healthy eating” to promote good health among Thais which will serve the purpose of the nine. Nutrition Division, Department of Health, Ministry of Public Health 2001<sup>10</sup>

# Aims of menu planning for toddlers

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- Provide adequate nutrients and energy for health, growth and development
- Provide pleasurable mealtimes and snack times
- Provide an opportunity for learning to like a wider range of foods
- Provide information for catering staff for ordering, cooking and budgeting

# Considerations for menu planning

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- Balanced menu of nutritious foods
- Appropriate foods – according to:
  - budget
  - cooking/food preparation skills
  - food preparation time and equipment
  - children's preferences and cultural constraints
- Appropriate portion sizes

# Creating a balanced menu

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## Activity 1:

- Develop a menu of 3 meals and 2-3 snacks for 1 or 2 days in your chosen setting:  
e.g. at home/early years setting/care home
- Choose appropriate foods and portion sizes to offer.

## Activity 2:

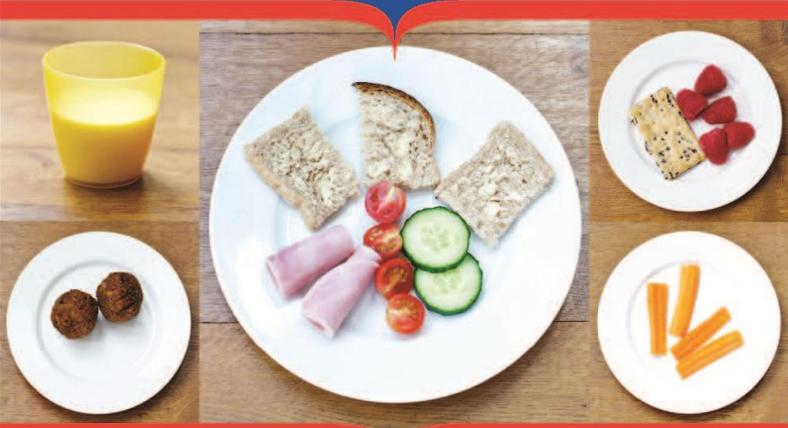
- Assess/check a menu plan.

# Appropriate portion sizes

For Health and Professional Use  
Toddler Factsheet 1.3

## PORTION SIZES FOR TODDLERS 1-3 YEARS

[www.infantandtoddlerforum.org](http://www.infantandtoddlerforum.org)



### LEARNING POINTS

1. Toddlers need a nutritious balanced diet to meet their nutritional needs for activity, growth and development.
2. A balanced combination of foods from all five food groups makes up a healthy diet for toddlers.
3. The amount of food that toddlers eat varies widely from day to day and meal to meal. Toddlers do not eat set portion sizes.
4. This Factsheet recommends food portion size ranges designed to ensure that the energy and nutrient requirements of toddlers (except for vitamin D) are all met. Toddlers all need a supplement of vitamin D.
5. These portion size ranges can be used to guide how much food to offer toddlers.
6. Toddlers should be encouraged to eat to their appetite from at least three of the five food groups but need to be limited in the amounts they consume of milk and milk products and of the foods high in fat and sugar listed in food group 5.
7. Parents can be reassured that if toddlers are eating within the range of portion sizes of a particular food, then they are eating an adequate amount of that food.

# Appropriate portion sizes

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**Food group 1: Bread, rice, potatoes, pasta and other starchy foods**

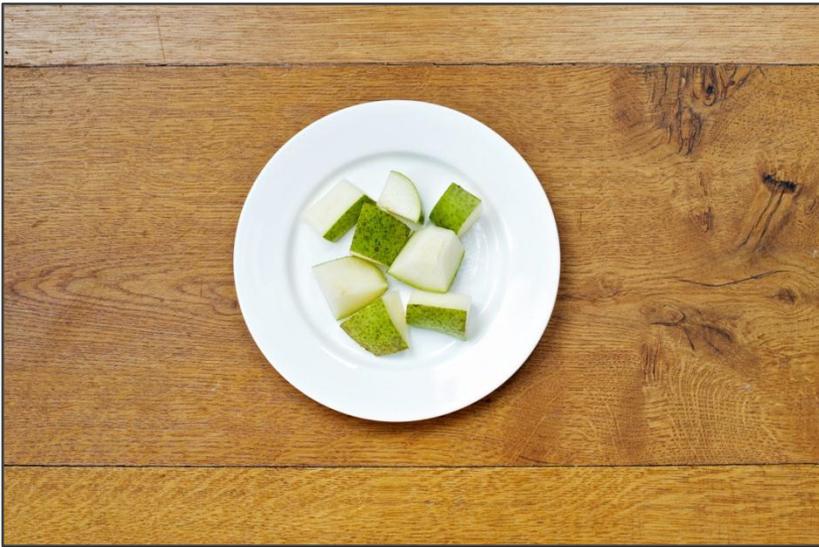


**Maltloaf**

# Appropriate portion sizes

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## Food group 2: Fruit and vegetables



Pear

# Appropriate portion sizes

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## Food group 3: Milk, cheese and yogurt



Yogurt



Milk

# Appropriate portion sizes

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## Food group 4: Meat, fish, eggs, nuts and pulses



## Salmon (oily fresh fish)

# Include in your one day menu

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- 3 meals, 2-3 snacks
- 2 courses at each meal
- Bread, rice, potatoes pasta or other starchy foods at every meal and some snacks
- Fruit and vegetables at every meal and some snacks
- 3 servings of milk, cheese or yogurt
- Meat, fish, eggs, nuts or pulses at every meal
- Some high-fat foods
- 6-8 drinks
- Vitamins A and D.

# Assessing a menu plan

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## Each day:

- 3 meals
- 2-3 snacks
- 6-8 drinks
- Vitamins A and D.



## Must include:

- 2 courses at each meal
- Starchy foods at every meal and some snacks
- Fruit and vegetables at every meal and some snacks
- 3 servings of milk, cheese or yogurt
- Meat, fish, eggs, nuts, pulses at every meal
- Some high fat foods.

# Assessing Intake

	Bread, Cereal & Potatoes	Fruit & Veg	Milk, Cheese & Yoghurt	Meat, Fish, Eggs, nuts & Pulses	Foods High In Fat & Sugar	Drinks
<b>Breakfast:</b> Cereal with milk and fruit slices, Diluted fruit juice to drink	✓	✓	1/2		✓	✓
<b>Lunch:</b> pasta with bolognaise sauce & veg Fruit pieces & cake Drink water	✓	✓ ✓	✓	✓	✓	✓
<b>Evening Meal:</b> dhal with vegetable curry & rice Fruit crumble & custard Drink of water	✓	✓ ✓	✓	✓	✓	✓
<b>Snacks:</b> Scone & fruit pieces Milk to drink 2 drinks water	✓	✓	✓			✓ 2
<b>TOTAL</b>	<b>4</b>	<b>6</b>	<b>3 1/2</b>	<b>2</b>	<b>2</b>	<b>6</b>
<b>Daily Recommendation</b>	At each meal & some snacks	At each meal & some snacks	<b>3</b>	<b>2 - 3</b>	Small amounts	 <b>6-8</b> <small>Practical help and information on nutrition and development</small>