



Feeding the under 3s
the food they need

Combining food for a balanced diet

Guidance & Tips for Parents

www.littlepeoplesplates.co.uk



BREAD,
CEREALS &
POTATOES



FRUIT &
VEGETABLES



MILK,
CHEESE &
YOGURT



MEAT, FISH &
VEGETARIAN
ALTERNATIVES



FOODS
HIGH IN FAT
& SUGAR

Bread, Cereals & Potatoes

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 and offer some as snacks.
For example:**

- Breakfast – cereal and/or bread, toast or chapatti.
- Lunch and evening meal – potatoes, rice, pasta, couscous, bread, yam or plantain.
- Snacks – bread, bread sticks, rice cakes or crackers, other foods based on flour such as pancakes, tea bread and scones.

