



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

Foods High in Fat & Sugar

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.

Allow some each day with, but not instead of, the other food groups.

- Olive oil, soya oil, walnut oil and rapeseed oil give a good balance of omega 3 and 6 fats. "Pure vegetable oil" is often rapeseed oil.
- Include cake, biscuits or ice cream with fruit as a pudding sometimes.
- Allow sweets, chocolate and confectionery occasionally as part of a pudding. However too much sugary food may harm your child's teeth.
- Dilute sweetened drinks and serve in beakers or cups, not bottles, to reduce the risk of dental decay.
- Only rarely offer salty snacks such as crisps.

