



Feeding the under 3s  
the food they need

# Combining food for a balanced diet

Guidance & Tips for Parents

[www.littlepeoplesplates.co.uk](http://www.littlepeoplesplates.co.uk)



BREAD,  
CEREALS &  
POTATOES



FRUIT &  
VEGETABLES



MILK,  
CHEESE &  
YOGURT



MEAT, FISH &  
VEGETARIAN  
ALTERNATIVES



FOODS  
HIGH IN FAT  
& SUGAR

## Meat, Fish & Vegetarian Alternatives

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 once or twice a day for non-vegetarians and two or three times a day for vegetarians. Always serve a high vitamin C food with vegetarian meals to ensure good absorption of iron.**

- Most toddlers prefer softer cuts of meat such as chicken, minced meat, sausages, pate or slowly baked meat. Some will refuse hard, chewy textures.
- Serve oily fish such as mackerel, salmon and sardines in fish cakes or fish pie up to twice a week for girls and four times a week for boys.
- Vegetarian alternatives include eggs, ground or chopped nuts and pulses such as beans, chickpeas, hummus, lentils and dhal.
- High vitamin C foods include tomatoes, peppers, citrus fruits, kiwi, pineapple and fruit juices high in vitamin C.

