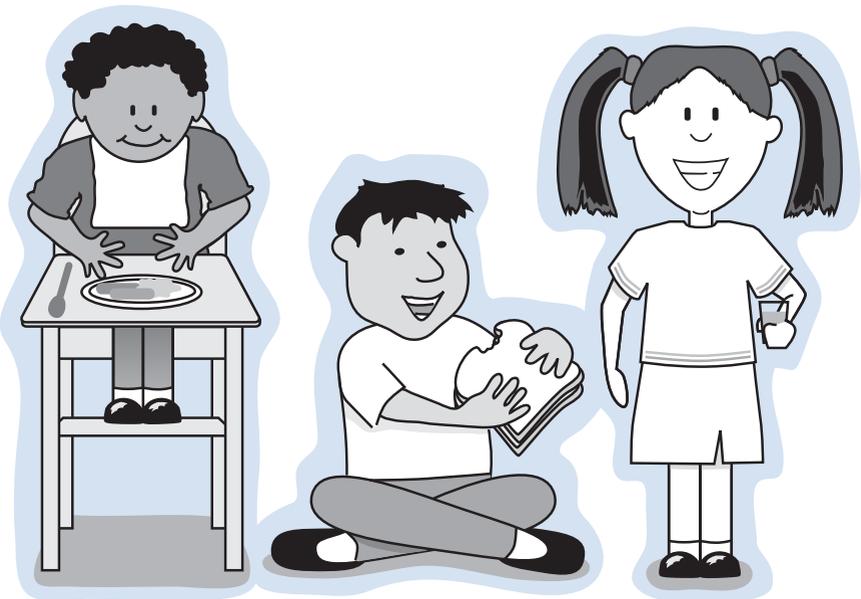
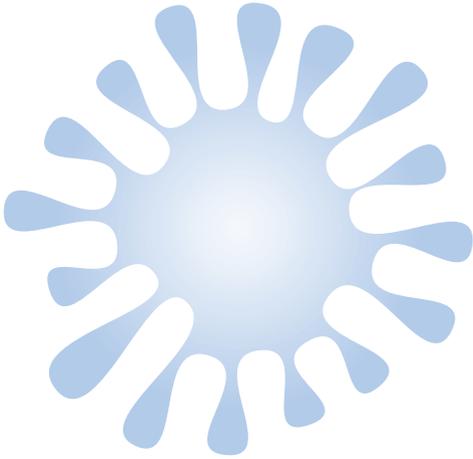


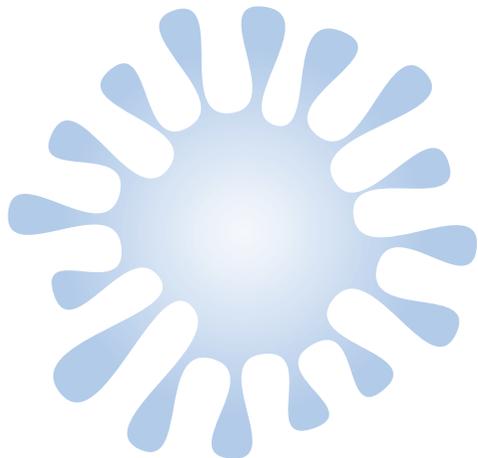
Feeding Your Child from one to five years old





Good eating habits should start early. By the age of one year your child should be enjoying healthy family foods.

By giving your child a variety of good foods you will help your child to stay well and grow well.



Breakfast is important as your child has gone a long time without food. It will give your child a good start to the day.

If he/she will not eat breakfast, offer a cup of milk, milk shake or yogurt.

Different Breakfast Ideas

- Yogurt, bread and margarine.
- Cornflakes, with milk and sliced banana.
- Porridge made with milk.
- Banana sandwich.
- Cheese spread on bread.
- Scrambled egg on toast.
- Baked beans on toast.

Remember

Offer either a cup of milk, water, diluted fruit juice or squash.



Weetabix with milk,
toast with margarine
and jam

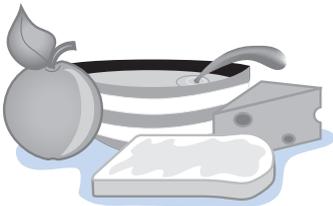


Hard boiled egg
with bread/toast and
margarine

Quick Meal Ideas



Scrambled egg and tomato on toast, plain biscuit



Vegetable soup with grated cheese and bread, and an apple

Quick Meal Ideas

- Sandwich (e.g. cheese and pickle or egg or thin sliced meat e.g. chicken or ham). Pear.
- Tuna and sweetcorn sandwich. Plain cake or bun.
- Beans on toast. Tinned fruit.
- Grilled kebabs with pitta bread and salad. Fromage frais.
- Cheese or meat spread, on bread with carrot and cucumber sticks. Plain biscuit.
- Spaghetti with grated cheese, on toast. Fresh fruit.
- Soft bread roll with chicken or grated cheese and salad. Plain biscuit.
- Meat or vegetable samosas with salad and yogurt.
- Slice of pizza and a banana.

Remember

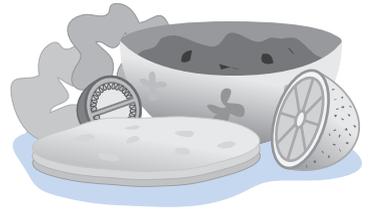
Eggs with the British Lion stamp mark can be safely eaten by children even if lightly cooked. However, eggs without this stamp should be well cooked until both the whites and the yolks are hard.

These main meal ideas are complete meals. Each has a protein food, starchy food and fruit or vegetable.

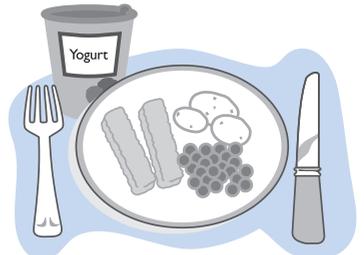
Main Meal Ideas

- Spaghetti bolognese.
- Roast chicken, boiled potatoes and carrots.
- Sausage, kebab or burger with vegetables and mashed potatoes or rice.
- Omelette with salad or vegetables, chips or bread.
- Meat pilau (rice with meat or chicken) with salad.
- Baked or grilled fish with vegetables and potatoes.
- Cauliflower cheese with jacket potato.
- Chicken or meat casserole with vegetables and potatoes.
- Curried meat, chicken, fish or vegetables with chapatti or rice and salad.

Try giving fruit, yogurt or a milky pudding afterwards.

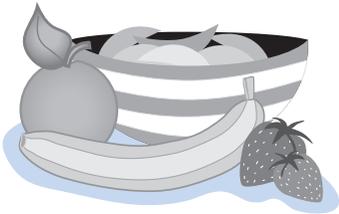
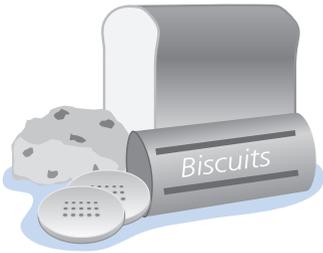


Vegetable curry or Dahl, chapatti, salad and an orange



Grilled fish fingers, peas, potatoes, fruit yogurt

Healthier Snacks



Snacks

These foods are good ideas for snacks. Give these instead of sweets, chocolate or crisps.

- Fruit - all kinds.
- Breadsticks or crackers.
- Scone or plain cake.
- Vegetable sticks.
- Breakfast cereal with milk.
- Bread or toast with margarine.
- Biscuits - plain, cheese or with dried fruit.

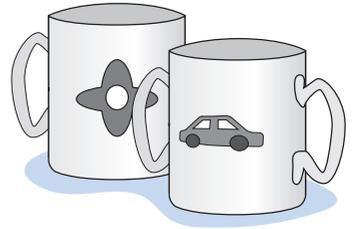


Drinks

- Drinks for young children should be low in sugar. Giving sugary drinks can be harmful to teeth.
- Encourage your child to use a cup for all drinks.
- If you are having difficulty in stopping your child's bottle, ask your Health Visitor for advice.

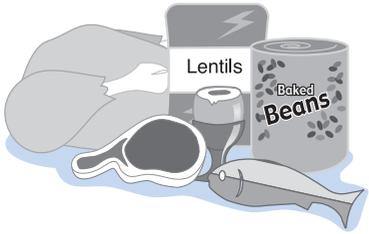
Healthier Drinks

- Water.
- Milk.
- Well diluted fresh fruit juice.
- Well diluted fruit squash.

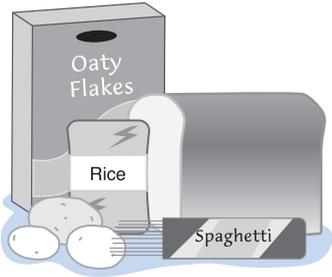


Do not use a bottle for drinks after one year of age, as it may damage your child's teeth.

Balanced Diet



Meat, fish, eggs,
chicken, lentils and
beans.



Bread, breakfast
cereals, spaghetti /
pasta, rice, chapattis,
potatoes.

This section shows the different vitamins and minerals that help to keep your child healthy.

Protein and Iron

Foods such as meat, fish, eggs, chicken, lentils and beans give your child protein and iron. They help your child to grow well and have healthy blood. Give any of these foods twice a day, with fruit or vegetables at the same time.

Energy and Fibre

Foods such as bread, pasta, rice, chapattis and potatoes give your child energy and fibre and should be eaten at every meal. Try and have a mixture of both brown (wholemeal) and white.

Vitamins

Fresh fruit and vegetables as well as some frozen and tinned varieties give your child vitamins and help to protect against disease. Use a variety of fruits and vegetables. Choose fresh, frozen, tinned or dried.

You don't have to eat cooked vegetables - have them raw instead. Try carrot sticks, slices of tomato or cucumber.

Calcium

Milk, cheese, yogurt and cottage cheese give your child calcium, protein and vitamins. Give about a pint of milk a day - more than this will spoil your child's appetite for food.

1 glass of milk contains the same amount of calcium as 1 pot of yogurt or 1 matchbox size cube of cheese or 2 small fromage frais.

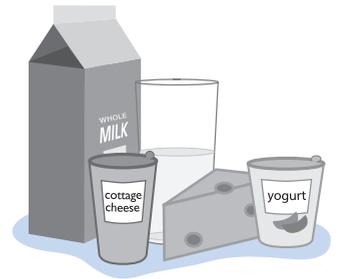
Do not use skimmed milk for children under five - keep to whole milk. Semi-skimmed milk can be given to children over two if they are growing well.

Fats

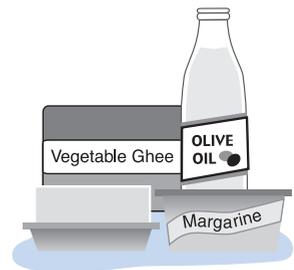
Butter, margarine, vegetable oil and vegetable ghee are all fats. Children under 5 need some fat to grow well, but too many fatty foods are not healthy.



Fruit and vegetables



Milk, cheese, yogurt, cottage cheese.



Butter, margarine, vegetable oil, vegetable ghee.

Meal Time Hints



**Always wash hands
before preparing food
and eating**

Try to:

- Start the day with breakfast.
- Give your child his/her own meal on a plate or in a bowl.
- Encourage your children to feed themselves with a spoon or with their fingers.
- Let your child get used to regular meal times. This will stop your child becoming 'too hungry' or 'too tired' to eat.
- Snacks are also an important part of your child's diet. Make sure they are not too close to mealtimes.
- Keep sweets and crisps for occasional treats after meals.
- Be careful with sugar. Sugary drinks and sweet foods between meals can cause tooth decay.
- Whole nuts should not be given to children under 5 as they may choke.
- If you suspect allergy to any food, see your Health Visitor or Doctor.
- Make meal times enjoyable. Forcing your child to eat may make meal times unhappy.

- Allow plenty of time for meals.
- Sit down and eat a meal together.

Vitamins

- All children up to 5 years old need vitamin drops as well as healthy food.
- Your Health visitor/Doctor will advise you on a suitable vitamin supplement for your child.
- Your Health Visitor will be pleased to advise you further with your child's diet.
- After 5 years of age some children would benefit by having the clinic vitamin drops. Discuss this with your Health Visitor or Doctor.

Don't forget

- Always wash hands before preparing food and eating.





Food for Life Bradford Dietitians

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Foundation Trust.

Telephone: 01274 365108, Mon - Fri 8.30am - 4.30pm

Answerphone available outside these hours.

You can contact us using the Relay UK app. Textphone users will need to dial 18001 01274 365108

email: dietitians.office@bthft.nhs.uk

www.bradfordhospitals.nhs.uk/dietetics

If you need this information in another format or language, please ask a member of staff to arrange this for you.

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