

Healthy Eating

Live a happy and healthy life



*Provides energy to
keep active
throughout the day

*Helps you keep
calm

*Gives us brain power

*Provides us with
the nutrients for
growth and repair

*Prevents diet-
related illness

*Maintains good
oral health



Fruit and Veg

Aim to eat at least 5 portions of a variety of fruit and veg a day. Choose from fresh, frozen, tinned, dried or juiced

Well-balanced diet



Carbohydrates

These foods should make up just over a third of the food we eat. They give us energy and lots of nutrients

Dairy

Try to choose lower fat and lower sugar products where possible such as lighter fat butter, plain low fat yogurt or 1% fat milk. Please note, full-fat cheeses and dairy products are recommended up to the age of 2, as young children need fat and energy to help them grow.

Meat and fish

These give us proteins, vitamins and minerals. Aim for at least 2 portions of fish a week (1 of which should be oily)

Drinks

Try to drink 6-8 cups of drink a day including water, lower fat milks, sugar free drinks including tea and coffee

Fatty and Sugary food

These foods include chocolate cakes, biscuits, sugary soft drinks, butter and ice cream



Getting Involved



Snacks

2-3 a day

Aim to include one to two food groups for balance and to keep the children satisfied until the next meal.

Let your children help prepare

Explore

Smell, touch and taste ingredients and new foods – this can encourage and develop healthy eating habits for life

Top tips to get your children involved

Measure dry ingredients, crack eggs, spread ingredients on bread, cut softs fruits with child friendly cutlery

Recipes

Read a recipe and identify and weigh ingredients – this can help improve your children's problem solving, literacy and motor skills

Please follow these links for more information and support as well as healthy low budget meal ideas

- [BBC – Budget Family Recipes](#)
- [Tesco – Recipes on a Budget](#)
- [More Budget Family Meals](#)
- [Healthy Preschool Snacks](#)

Swaps

Breakfast Swaps

Sugar and fat are the biggest things to watch out for at breakfast time – try some of these easy swaps to help you start the day smart

Swap from	Swap to
✗ Chocolate cereal	✓ Wheat biscuit cereal
✗ Frosted flakes	✓ Shredded wholegrain cereal
✗ Honey crunch cereal	✓ No-added-sugar muesli
✗ Croissants	✓ Porridge
✗ Cereal bars	✓ Wholemeal toast
	✓ Plain natural yoghurt topped with chopped fruit

Lunchbox and Lunchtime Swaps

When lunchtime rolls around, it's easy to eat more sugar or salt than we might realise.

Swap from	Swap to
✗ Split pot yoghurts and pudding pots	✓ Lower-sugar fromage frais or plain natural yoghurt
✗ Cake bars and cereal bars	✓ Sugar-free jelly
✗ Muffins and chocolate	✓ A slice of malt loaf or a fruited teacake
✗ Crisps	✓ Fresh or tinned fruit (in juice, not syrup)
✗ Juice pouches and fizzy drinks	✓ Plain popcorn, plain rice cakes or raisins
✗ Tinned soup	✓ No-added-sugar juice drinks, or water with berries and chopped fruit
✗ Ham and cheese sandwiches	✓ Homemade spiced chicken and vegetable soup or harvest vegetable soup
	✓ Our delicious beefed up sarnies

Dinner Swaps

Salt and saturated fat can really add up at dinnertime without us noticing – there can be a surprising amount of both in everyday foods.

Swap from	Swap to
✗ Sausages	✓ Low-fat mince – try our spaghetti bolognese or meatballs and sauce recipes
✗ Pizza	✓ Our cheats' pizza calzone
✗ Salt and soy sauce	✓ Different herbs, spices and seasoning, like paprika, oregano or lemon juice
✗ Ketchup	✓ Reduced-salt and reduced-sugar versions of sauces
✗ Brown sauce	
✗ Mustard	
✗ Gravy	

Snack Swaps

Whether it's fighting the after-school tummy rumbles or rounding off dinner with a tasty pud, sugar is the main watch-out here.

But even if they don't taste of it, some of these snack foods can contain a lot more salt (and fat) than you might realise too!

Swap from	Swap to
✗ Biscuits	✓ A slice of malt loaf or fruited teacake
✗ Chocolate	✓ Fresh or tinned fruit (in juice, not syrup) or fruit salad
✗ Cake bars	✓ A scotch pancake or crumpet
✗ Chocolate pudding pots	✓ Sugar-free jelly or lower-sugar custard
✗ Doughnuts	✓ Crackers topped with lower-fat cheese
✗ Muffins	✓ Bread or toast with lower-fat spread
✗ Crisps	✓ A bagel topped with sliced banana
✗ Salted peanuts	✓ Plain popcorn or rice cakes
✗ Split-pot and higher-sugar yoghurts	✓ Unsalted mixed nuts
	✓ Chopped veg with lower-fat hummus
	✓ Lower-sugar yoghurts or lower-sugar rice pudding

You can have the odd treat and still be healthy. Life is too short to deprive ourselves.



Promoting Healthy Eating

Be a role model

Children will watch your every move and look to you for behavioural cues – sometimes when you least expect it. By getting involved with snack time and meals by eating the foods yourself, children may be more willing to join in and follow suit.

Go to the source

It would be easy in this day and age for children to think their food simply comes from the plastic packaging they see it in at the supermarket. But understanding where their food comes from is key to developing healthy, sustainable attitudes towards food.

Dip it!

One way to make fruit and vegetables more appealing is to experiment with condiments and dips with your children. How about chopping up some carrots, peppers and cucumber for children to dip in something?

Stay positive!

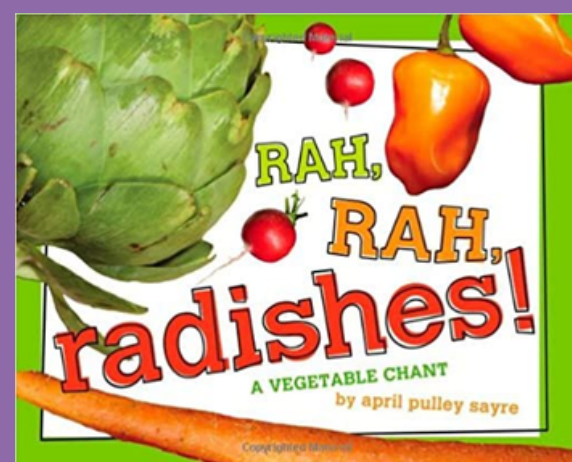
Young children can be new-food-phobic much of the time – so don't expect all your children to come running when they hear they're trying a new food. It takes a child up to ten tries of a new food to decide if they like it or not. Be patient and realise it might take a little negotiation and compromise here and there.

Healthy mindsets and healthy eating shouldn't just be a rule, but a routine.

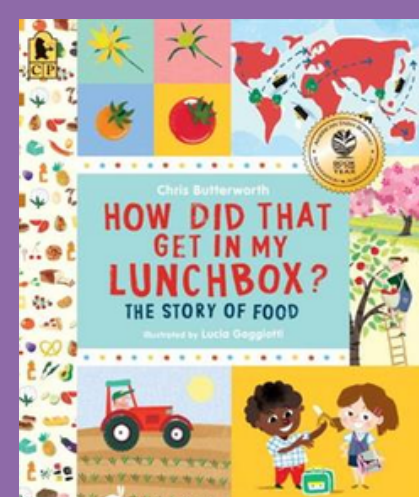


Let's read

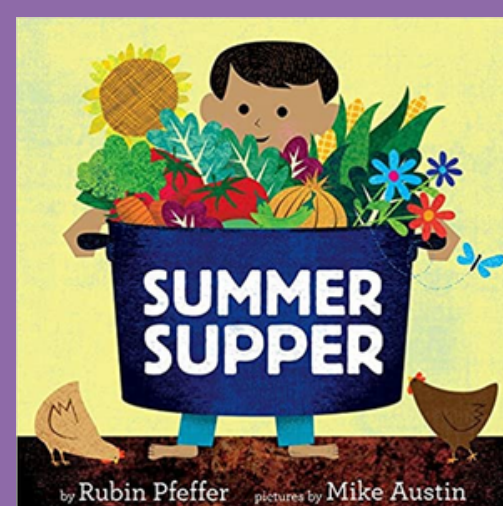
Books That Teach Children About Nutrition
and Healthy Eating Habits



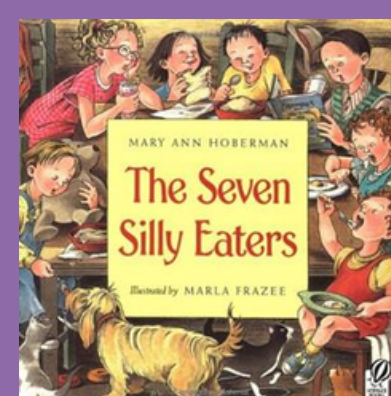
Rah, Rah, Radishes!
A vegetable chant



How did that get
in my lunchbox?



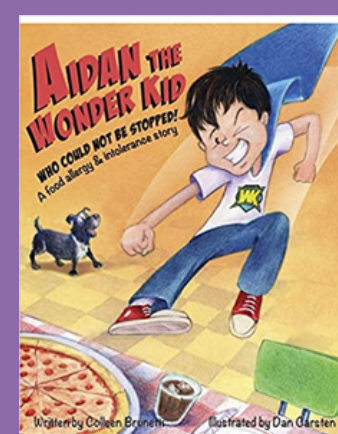
Summer
Supper



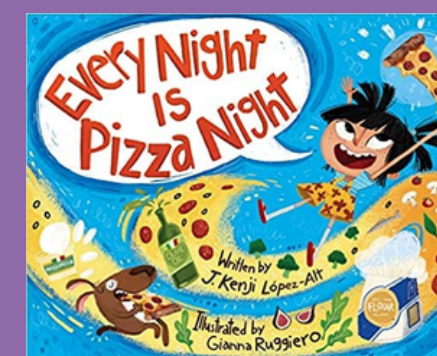
The Seven
Silly Eaters



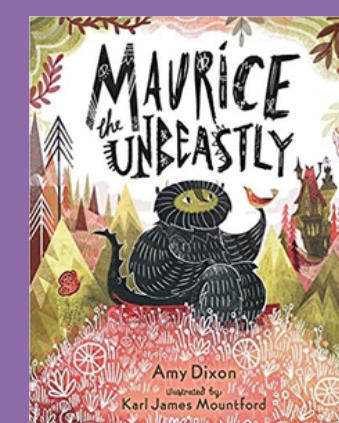
The Princess
and the
Peanut allergy



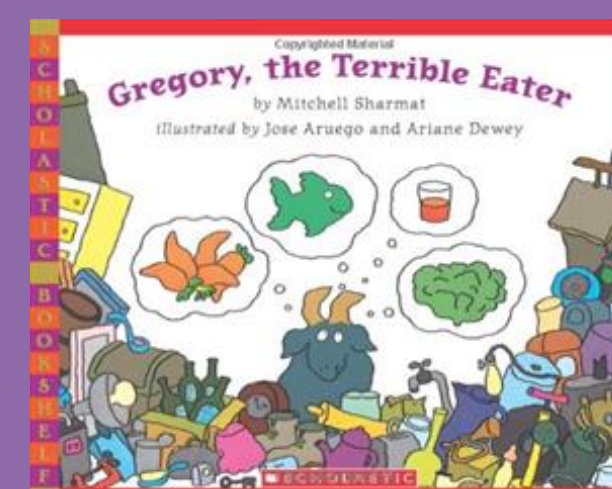
Aidan the
Wonder kid



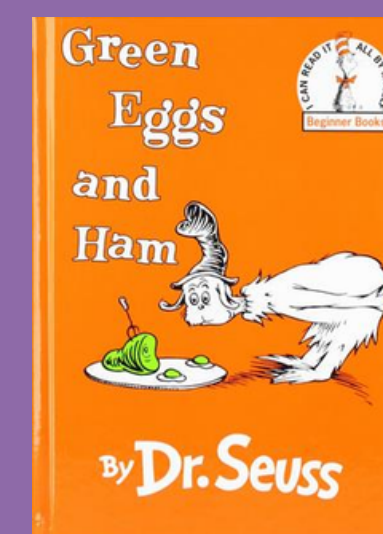
Every night is
pizza night



Maurice the
Unbeastly



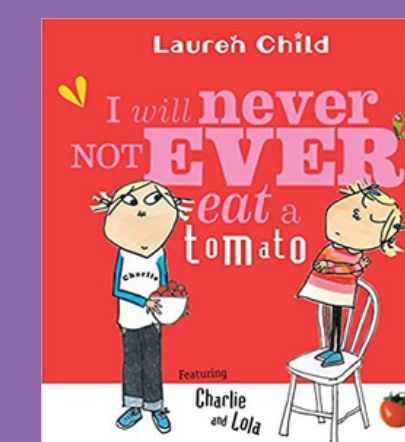
Gregory,
the terrible
eater



Green Eggs
and Ham



Eat your greens,
reds, yellows and
purples



I will never, not
ever, eat a
tomato



Zombies don't
eat veggies