HEALTHY EATING FOR CHILDREN

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- Relaxed and informal
- Pen and paper in pack
- No judgements
- Safeguarding
- Sign in
- Phones on silent
- Toilets
- Fire drills
- Questions

HOUSE KEEPING

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WEANING

Not recommended until 6 Months

- First foods should be smooth, pureed or mashed
- Add proteins and wheats after a few weeks (smooth)
- Baby milk can be used in cereal or potatoes to help soften (cow's milk can be used to mix but not to drink)
- Normal amounts of baby milk
- Finger foods
- Baby led weaning cuts out the pureed stage

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WEANING

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AGE AND STAGE

6 months

- Baby Rice
- Mashed potato, carrots, parsnips etc
- Stewed fruits
- Minced meats, lentils, eggs
- Cereals
- Finger foods – fruit, veg bread, cheese

7 months

- Mash using a fork
- Baked beans
- Pasta
- Stew
- Milk puddings

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9 months

- Chopped foods
- Normal family foods
- 3-4 milk feeds
- Water or very diluted juice
- Well cooked eggs
- Sandwiches
- Fish fingers
- Plain biscuits

Drinks up to 1 year

- Breastmilk or formula
- Cow's milk only after 1 year
- Cooled boiled water after 6 months
- Very very diluted fruit juices

Did you know that feeding, chewing and swallowing aids in language development??

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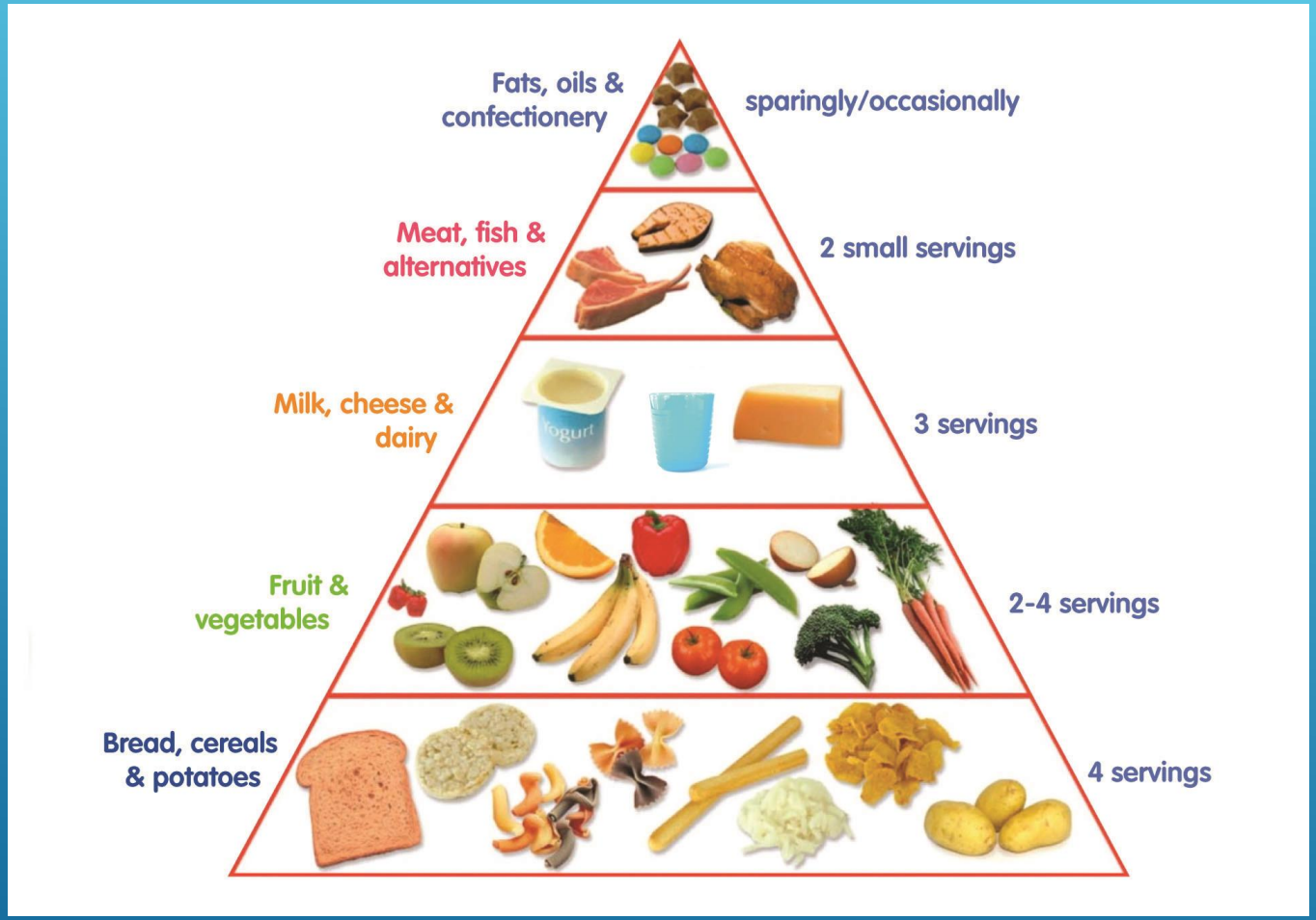
FOOD GROUPS 1- 5 YEAR OLDS



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- All types of bread
- Crackers
- Pancakes
- No added sugar cereal
- Potato's (chips only once a week)
- Pasta, rice and noodles

- 1 slice of bread
- 1 small potato
- 8 oven chips
- 3 tablespoons of cooked pasta + rice
- 2 tablespoons of cereal

Nutrients

- Energy
calories
- B vitamins
Growth + activity
- Fibre
Healthy bowels
(- iron)
Healthy blood

Can also be used as snacks

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- Fresh, Frozen + canned vegetables
- Salad vegetables
- Fresh, tinned, stewed + dried fruit

- ½ apple, pear, banana or orange
- 1 tablespoon of fruit salad, tinned or stewed fruit
- ½ cup strawberries or grapes
- 1 tablespoon cooked vegetables
- 1 tablespoon salad vegetables

Nutrients

- Vitamins (mostly c)

Good health + iron absorbency

- Fibre
- Iron

Remove stones

Halve small fruits

Slice big fruit + veg

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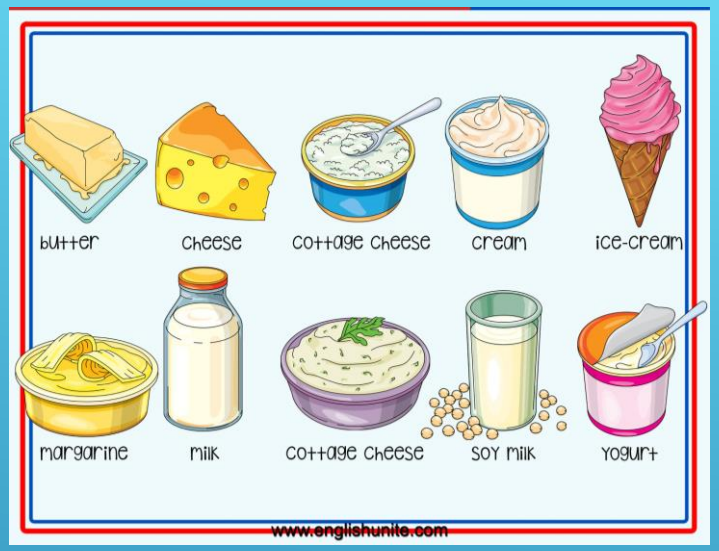
- Milk

Full fat 1-2, 2-5 semi skimmed, 5+ skimmed

- Cheese
- Yogurt

Dairy alternatives are not suitable for children under 1 unless medically advised.



- ½ - 1 pint of milk from 1 year

Or

2-3 servings of

- 25g of hard - cheese125g of full fat yogurt
- Bowl of milk pudding

Nutrients

- Calcium

Strong bones, nerve + muscle function

- Protein

Growth

- Fat

Calories

- Vitamin A

Healthy skin, eyes, respiratory system + digestive tract

- Vitamin D

Absorb Calcium

Dairy can be added to meals throughout the day

E.G

Milk with cereal, cheese on pasta

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- Beans, peas, chick peas
- Quorn
- White fish, oily fish, fish cakes, fish fingers
- Eggs
- All meat
- Meat alternatives
- Processed meats

- 60 g meat
- 2 fish fingers
- 1 egg
- 2-3 table spoons baked beans

<u>Processed meats should only be given once a week max</u>

- 4 chicken nuggets
- 2 sausages
- 1 small burger

<u>Nutrients</u>

- Protein
- Iron

To prevent anaemia

- Vitamins especially B
- Omega 3

Be mindful of choking
Whole nuts and small bones are big causes

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- Butter
- Margarines
- Cooking fats

- Cream, sour cream, Crème fraiche
- Cakes + biscuits
- Chocolate + sweets
- Puddings
- Sugar, jam, honey
- Sugary drinks

Nutrients

- Energy
- Vitamin A
- Vitamin D
- Vitamin E

Protect body cells and reduce risks of some cancers

- Vitamin K

Healthy blood

- Essential fatty acids

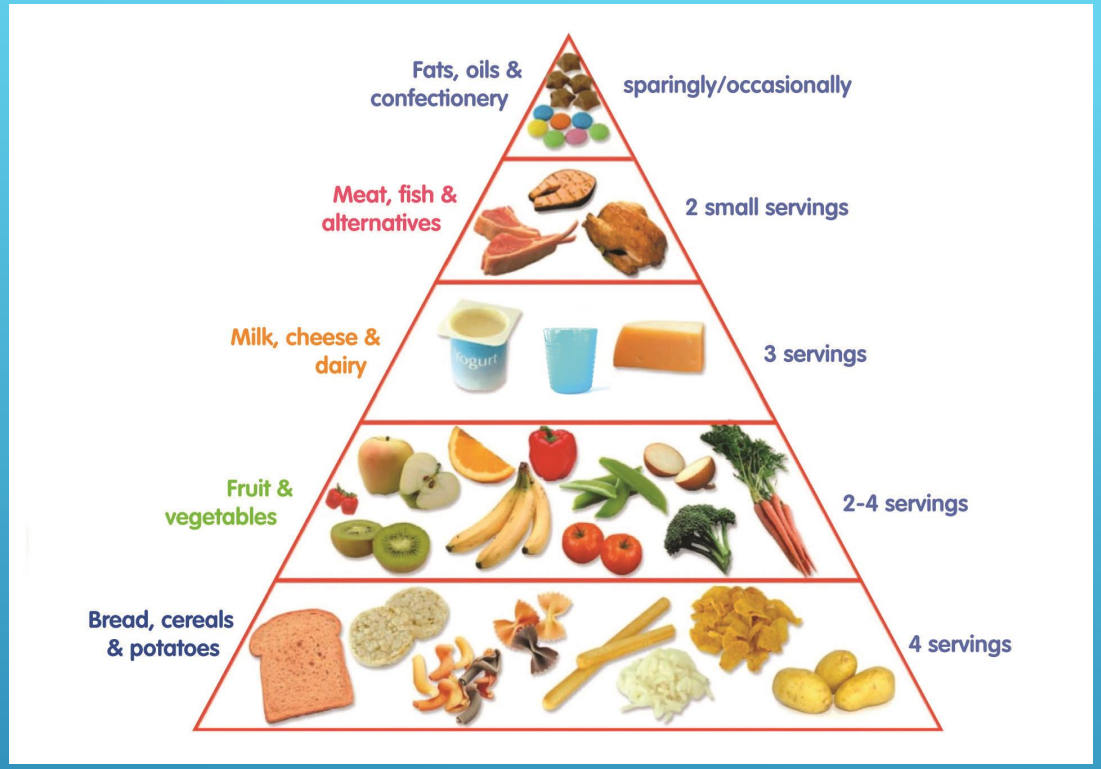
Brain development, eye development heart health

These types of foods fill children up without a lot of benefits

These foods should be eaten sparingly

Nutrients

- Energy



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Sometimes a vitamin can help children, for the best advice ask your pharmacist or doctor.

Vitamin D

Vitamin C

Vitamin A

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TIPS TO ENCOURAGE EATING

- Cook together
- Allow them to choose
- Use smaller portions, give little and often
- Try food in different styles
- Coaching/commentary

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DOS AND DON'T

- "Eat a Rainbow"
- Provide finger foods as well as meals
- Try meals from different cultures
- Make mealtimes fun and praise on completion
- Re try something a child refuses (rule of 14)
- Eat together
- Give time + avoid distraction

- Offer different food if child refuses what's on offer
- Bribe
- Make a scene
- Force feed
- Give too many drinks
- Use sweet foods as rewards (remember dental health)

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REWARDS AND CELEBRATIONS

- Use Healthier options e.g., veg sticks, fruit kebabs
- Cut food into fun shapes
- Plain popcorn
- Frozen yogurt lollies

<u>Encourage physical activity if having treats</u>

- Party games
- Dancing

This also will benefit overall fitness, develop social skills, avoid obesity and reduces risk of ill health

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TREATS

- Everything in Moderation
- If knowingly having a treat – limit other daily foods
- Don't tell the child it's a treat for eating something healthy
- Treat as same as a normal meal e.g., praise as normal
- If possible, include a health option e.g., fruit instead of fries, milk instead of fizzy drink

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QUESTIONS ??

- www.publichealth.hscni.net
- www.safefood.net/start

Health visitors, pharmacists and doctors are available for individual or specific advice

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