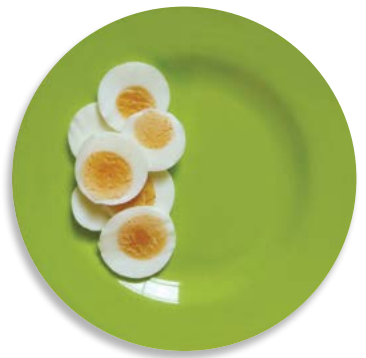


Good food choices and portion sizes for 1-4 year olds



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This resource is provided for information only and individual advice on diet and health should always be sought from appropriate health professionals.

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Photo resources

For more information about photo resources for different age groups of children and young people, see the website www.firststepsnutrition.org

First Steps Nutrition Trust

First Steps Nutrition Trust is a charity which provides evidence-based and independent information and support for good nutrition from pre-conception to five years of age.

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Introduction

What is in this guide?

This guide provides a visual resource to support all those who look after and support children aged 1-4 years to eat well. Eating well in the first five years of life is essential for growth and physical and mental development, as well as for a child's future health. Encouraging good eating habits in the early years will contribute to a lifetime of good food choices.

This good food choices and portion size guide provides some simple ideas for the balance of different meal components that will meet the energy and nutrient needs of children in this age group. Some simple food-based recommendations for each food group are given, followed by photos showing appropriate portion sizes for 1-4 year olds.

Good meal choices, with appropriate portion sizes, for 1-4 year olds can be found in the following resources, produced by First Steps Nutrition Trust:

- *Eating well recipe book*
- *Eating well: Packed lunches for 1-4 year olds*
- *Eating well: Vegan infants and under-5s.*
- *Eating well: Healthy snacks for 1-4 year olds*

For more information, see page 6.

How have the portion sizes been calculated?

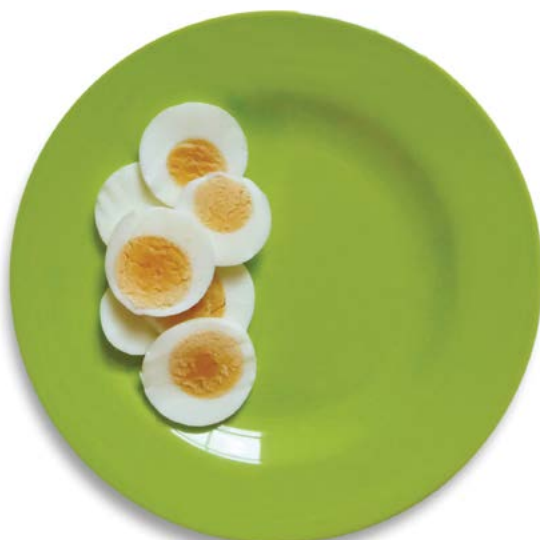
The portion sizes in this guide have been estimated from balanced menu plans that meet the average energy and nutrient needs of children aged 3-4 years. They are suitable for use in groups of children aged 1-4 years, but are based on the needs of those with the highest needs in the group. Some children will eat more, and some less than this. However, it is useful to have an idea of the sorts of portion sizes that can form the basis of meals for children of this age, bearing in mind that some children may want 'seconds' and that children should be allowed to eat healthy food to appetite.

How can this guide be used?

This guide can be used to support catering staff in early years settings where groups of children eat, to help them consider the amounts of foods they cook and serve.

The resource can also be used with families, to help them consider the sorts of foods and amounts of foods that are appropriate for their pre-school children, and the photos may also encourage a wider variety of foods to be offered.

We hope the resource will also help families who may not have English as a first language, to accustom themselves to the names and appearance of common foods served in UK settings.



Where can I find out more information about eating well for children aged 1-4 years?

There are national good practice guidelines to support children aged 1-4 years to eat well in early years settings in the UK.



England

Voluntary food and drink guidelines for early years settings in England, updated in 2017, can be found at:

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

This includes updated guidance, nutritional information cards, and fact sheets on promoting and supporting healthy eating in early years settings.

Northern Ireland

For Northern Ireland, *Nutrition matters for the early years: Guidance for feeding under fives in the childcare setting* can be found at:

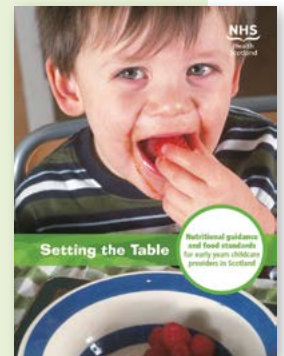
<https://www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting>



Scotland

The most recent guidance from Scotland *Setting the table: Nutritional guidance and food standards for early years childcare providers in Scotland* is available at:

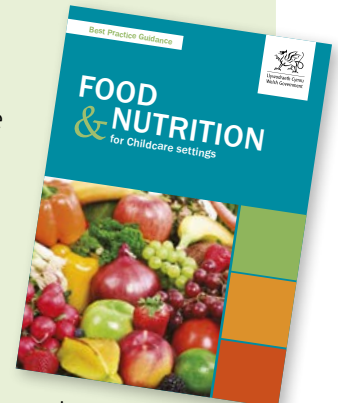
<http://www.healthscotland.com/documents/30341.aspx>



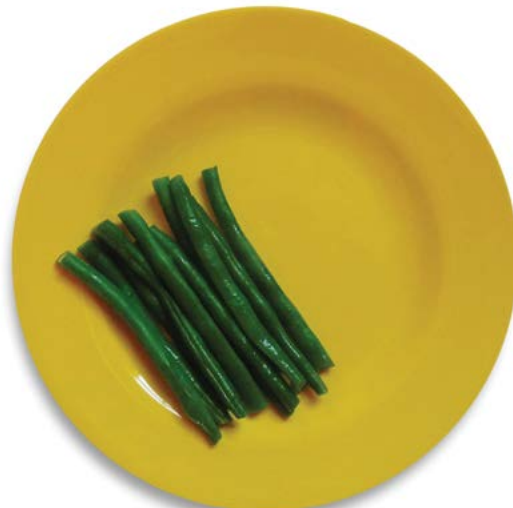
Wales

For Wales, *Food and nutrition for childcare settings* can be found at:

<https://gov.wales/food-and-nutrition-childcare-settings-full-guidance>



For other useful resources to support eating well for this age group, see *For more information* on page 43.



Other resources from First Steps Nutrition Trust

These resources can all be downloaded from www.firststepsnutrition.org

Eating well recipe book



Eating well: Packed lunches for 1-4 year olds



18

Boiled egg, cheese cubes, toast slices and broccoli spears, and raisins V E

- 1 boiled egg, shelled and sliced
- A small matchbox-size piece (20g) hard cheese or Edam cheese, cubed
- 1 slice wholemeal bread, toasted and sliced
- 2 or 3 broccoli spears, cooked
- 1 tablespoon (20g) raisins

KEY: DF = Dairy-free EF = Egg-free GF = Gluten-free V = Suitable for vegetarians VV = Suitable for vegans
 £ = 40p to 60p ££ = 70p to 90p £££ = £1.00 to £1.30

DRINK

- Serve water with the packed lunch shown on the left.

OTHER PACKED LUNCH IDEAS

If children like softer cooked vegetables, instead of cooked broccoli you could serve:

- cooked carrot sticks, parsnip sticks or butternut squash cubes
- steamed mange tout or sugar snap peas, or
- cooked frozen peas, broad beans or green beans.

LUNCH BOX TIPS

Why are eggs a good food choice for young children?

- Eggs are a cheap, easy and very nutritious food, and a great lunch box addition for young children. Eggs provide protein, iron, zinc, phosphorus, selenium, antioxidants, vitamins A and D, riboflavin, iodine, choline and many other nutrients.
- Eggs can be boiled and mashed or sliced into halves, quarters or rounds.
- Make sure that eggs are thoroughly cooked when serving to under-5s – both the white and yolk should be cooked until hard. Eggs need to be boiled for at least 7 minutes to ensure the white and yolk are cooked through.

Eating well: Vegan infants and under-5s

Eating well: vegan infants and under-5s

FIRST STEPS NUTRITION TRUST

94 SNACK 1-4 years

Rice cakes with mushroom pâté and cherry tomatoes

This recipe makes 4 portions of about 50g rice cakes and pâté, and 40g cherry tomatoes.

Ingredients	Method
1 tablespoon vegetable oil	1. Heat the oil in a frying pan. Fry the onions, garlic and mushrooms until they are soft.
1/2 small onion, peeled and finely diced	2. Place the food items in a blender and blend until smooth. Or push through a sieve, or mash with a fork.
1/2 teaspoon garlic paste	3. Serve with the rice cakes and halved cherry tomatoes.
100g mushrooms, peeled and sliced	
4 rice cakes	
100g cherry tomatoes, halved	

Serve with 100ml unsweetened calcium-fortified soya milk.

SAVOURY MEAL 1-4 years 97

Black-eyed bean chili with yellow rice and roasted vegetables

This recipe makes 4 portions of about 100g chili, 60g rice and 40g vegetables.

Black-eyed bean chili	Yellow rice	Roasted vegetables
1/2 tablespoon vegetable oil	300g basmati rice	1/2 medium capsicum, trimmed and cut into small pieces
1 tablespoon garlic paste	1600ml water	5 medium mushrooms, halved
1 small onion, peeled and finely diced	1/2 tablespoon dark olive oil spread	1/2 medium onion, peeled and cut into chunks
1 small (200g) can chopped tomatoes	1/2 teaspoon mild chili powder	1/2 small red pepper, coriander seeds and cut into chunks
1/2 teaspoon mild chili powder	15g tarragon or subarrah, chopped	
1/2 tablespoon olive oil		
1 large (400g) can black-eyed beans, drained (drained weight 240g)		

Method

1. In a large pot, heat the oil and fry the garlic paste and onion for 5 minutes until the onions are almost softened.
2. Add the tomatoes, chili powder and vinegar and then simmer with the lid on for 10 minutes.
3. Add the beans and cook for a further 5 to 10 minutes.

Method

1. Bring the water to boil. Add all the ingredients.
2. Reduce the heat, cover and simmer for 20 minutes or until the rice is tender and the liquid has been absorbed.

Method

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Place the vegetables on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil.
3. Roast for 20 to 25 minutes until tender.

Eating well: Healthy snacks for 1-4 year olds

Eating well: Healthy snacks for 1-4 year olds

FIRST STEPS NUTRITION TRUST

Why do we need ideas for snacks?

Healthy eating and physical activity are essential for proper growth and development in childhood. To help children develop patterns of healthy eating from an early age, it is important that the food and eating patterns to which children are exposed – both at home and outside the home – are those that promote positive attitudes and enjoyment of good food. In society, snacks are often perceived to be higher-fat, higher-salt and higher-sugar foods such as biscuits, cakes, confectionery, ice-cream and crisps, but for young children a snack simply offers an opportunity to provide some extra energy and nutrients between meals, particularly for those with smaller appetites.

It can sometimes help to think of snacks for children as 'mini meals', to avoid confusion with snacking culture. All the same principles of eating well should apply to mini meals, as to main meals, and high-fat, high-salt and high-sugar foods should be an occasional treat and not everyday offerings.

Energy and nutrient needs of 1-4 year olds

In general it is suggested that the energy and nutrient needs of children of this age are met as shown below.

What makes a good snack for a 1-4 year old?

Snacks are an opportunity to offer young children additional energy and nutrients between meals. Snacks should be viewed as 'mini meals', offering the same healthy foods as meals do, and not an opportunity for young children to be given what people often think of as 'snack foods'. To offer a young child an opportunity to get the nutrients they need without an excess of energy (calories) – which can contribute to overweight – the foods offered as snacks should offer a range of nutrients without adding sugar to the diet, and providing additional salt intake.

Vegetables, fruit, dairy foods (and non-dairy alternatives), meat, fish, eggs, pulses, ground nuts, bread and other cereals can all be included in snacks (see the example snacks below). How energy and nutrients are divided up across the day will vary depending on how, and where, a young child spends their day. In this resource we give a range of ideas for snacks to show the sorts of foods, and amounts of food that if a variety are eaten over time, will each meet 10% of a young child's daily energy and nutrient needs.

Rumpets with soft cheese and pepper slices

- Fruit and vegetables: pepper slices
- Starchy food: rumpets
- Dairy food or alternative: soft cheese

On toast with celery

- Fruit and vegetables: celery
- Starchy food: toast
- Protein food: peas

Plates used in the photos

The photos on pages 11-42 show individual foods, in portion sizes appropriate for 1-4 year olds. The plates and bowls used in the photos are shown below at actual size.

Plate

Width: 20cm





Bowl
Width: 12cm



Depth: 4cm



Small bowl
Width: 8cm



Depth: 3cm

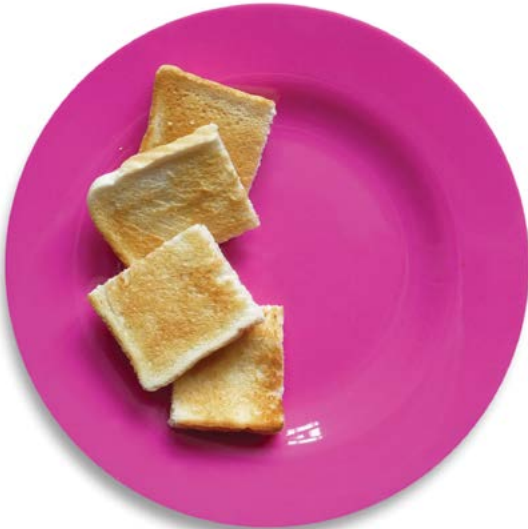
Bread, other cereals and potatoes

How much to serve?	Good choices	Notes
<p>Foods from this group should be offered at every meal, and can be useful foods to offer as part of snacks.</p> <p>These foods should make up about a third of the food served each day.</p>	<p>All types of bread – wholemeal, granary, brown, wheatgerm, white, multigrain, soda bread, potato bread, chapattis, naan bread, rotis, rolls, bagels, pitta bread, wraps and tortilla</p>	<p>Look for lower-salt breads.</p>
	<p>Potatoes or sweet potatoes – boiled, mashed, baked or wedges</p>	<p>Processed potato products like waffles or smiley faces should be avoided.</p>
	<p>Yam, plantain, cocoyam, cassava and other starchy root vegetables</p>	
	<p>Pasta and noodles – wholemeal and white</p>	<p>Avoid dried or canned ready-prepared pasta in sauce, as these are very salty.</p>
	<p>Rice – brown and white rice</p>	<p>Avoid fried rice or flavoured dried rice in packets.</p>
	<p>Other grains such as pearl barley, couscous or bulgur wheat, maize (polenta), quinoa and cornmeal</p>	
	<p>Breakfast cereals – low-sugar, low-salt cereals such as porridge, puffed wheat, weet bisks, crisped rice or flaked wheat.</p>	<p>Avoid sugary breakfast cereals. Look for those that have no added sugar.</p>



Fortified cereals can be a good source of iron.

BREAD



White toast 1 slice 25g



Wholemeal bread 1/2 bread roll 25g



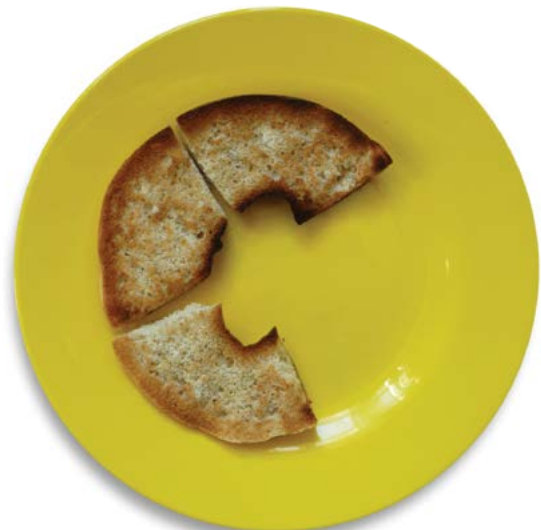
French bread 30g



White pitta bread 1/2 pitta bread 30g



Wholemeal pitta bread 1/2 pitta bread 25g



Bagel 3/4 bagel 30g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

BREAD



Chapatti 20g



Breadsticks 15g



Rice cake 1 rice cake 10g



Crumpet 1 crumpet 30g



Wrap or tortilla 1/2 tortilla 25g



Oatcakes 2 oatcakes 16g

RICE AND OTHER GRAINS



White rice 80g



Brown rice 80g



Couscous 80g



Polenta 80g



Pearl barley 80g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

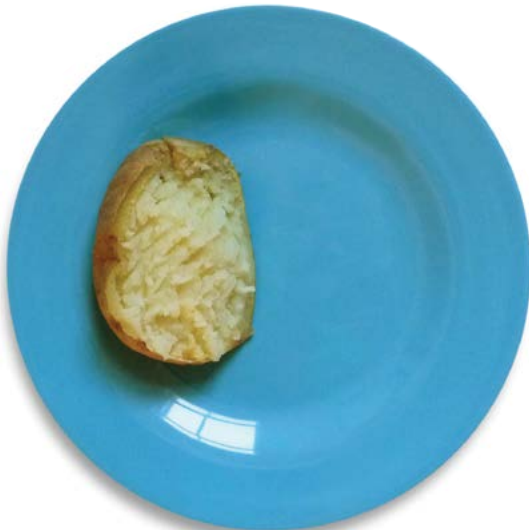
POTATOES AND STARCHY ROOT VEGETABLES



Mashed potato 80g



New potato slices 80g



Jacket potato 80g



Oven chips 80g



Mashed sweet potato 80g



Mashed yam 80g

PASTA AND NOODLES



Spaghetti 80g



Egg noodles 80g



Baby pasta 80g



Pasta penne 80g



Pasta rice 80g



Brown pasta spirals 80g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

BREAKFAST CEREALS



Puffed wheat 15g and 100ml milk



Shredded wheat 1 bisk 12g and 100ml milk



Weet bisks 20g and 100ml milk



Porridge made with milk 100g
Made from 15g porridge oats and 100ml milk



Porridge made with soy milk alternative 100g
Made from 15g oats and 150ml unsweetened fortified soy milk alternative



Ready brek 100g

Vegetables and fruit

How much to serve?

Offer different fruits and vegetables at meals and snacks.

1-4 year olds should be encouraged to taste at least five different fruits and vegetables a day.

Aim for 40g portions of vegetables and fruits for all 1-4 year olds at meals and snacks.

Good choices

All types of **fresh, frozen and canned vegetables** – for example, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, courgette, green beans, kale, mushrooms, parsnips, peas, peppers, pumpkin, red cabbage, squash, spinach, swede or turnip

All types of **salad vegetables** – for example, lettuce, watercress, celery, cucumber, tomato, raw carrot, raw pepper, radish or beetroot

All types of **fresh fruit** – such as apples, bananas, pears, grapes, kiwi fruit, oranges, plums, berries, melon or mango

All types of **canned fruit** in juice – for example, peaches, pears, pineapple, mandarin oranges, prunes, guava or lychees

Stewed fruit such as stewed apple or pears, stewed dried fruit, stewed plums or stewed rhubarb

Dried fruit such as raisins, dried apricots, dates, dried figs, prunes

Notes

Avoid vegetables canned with added salt and sugar.

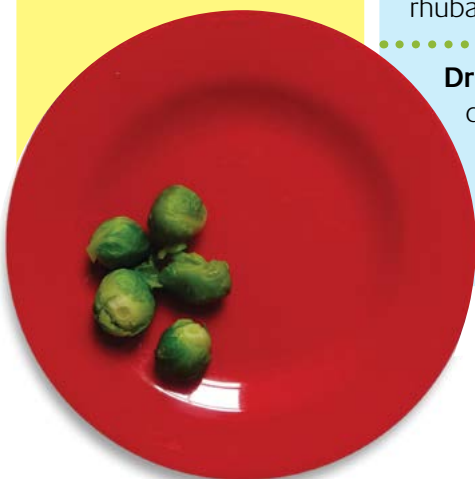
Do not overcook fresh vegetables, and don't cut them up a long time before cooking and leave them in water, or cook them early and re-heat before serving. These practices all reduce the vitamin content.

Avoid fruit canned in syrup.

If the fruit to be stewed is sour, add a little apple juice, or mix with a sweeter fruit.

Avoid dried fruit with added sugar and vegetable oil.

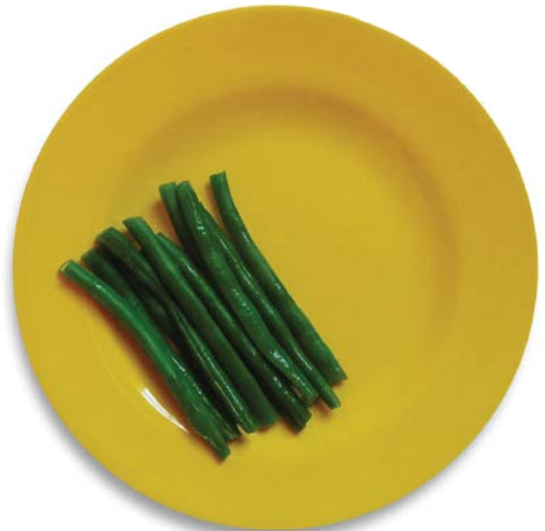
Serve dried fruit with meals and not as snacks.



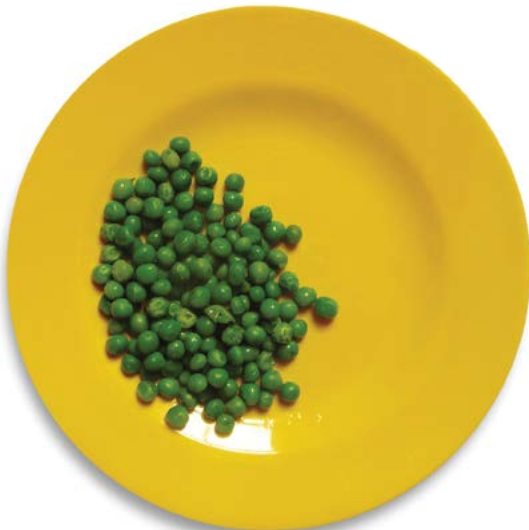
BEANS, PEAS AND SWEETCORN



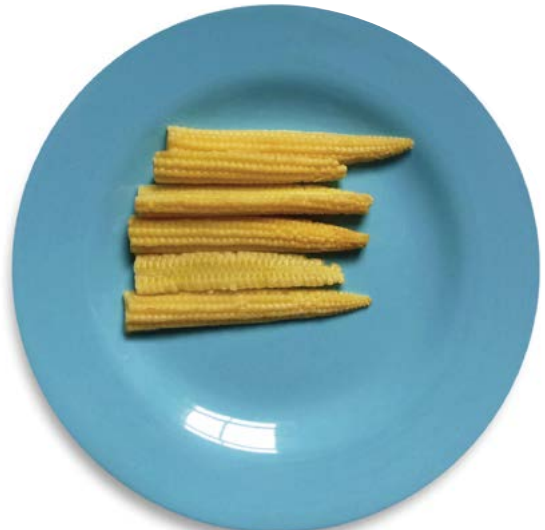
Broad beans 40g



Green beans 40g



Peas 40g



Baby sweetcorn 40g

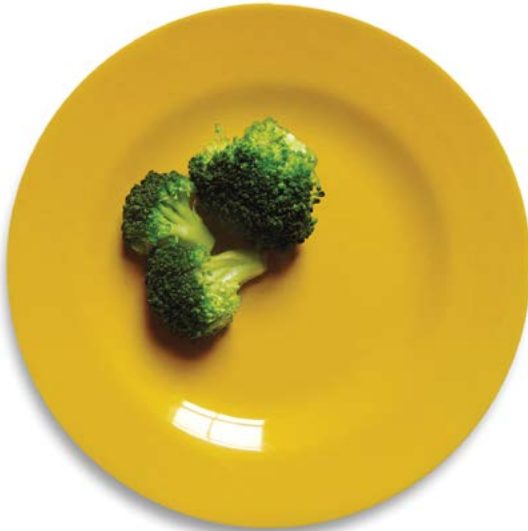


Canned sweetcorn 40g



Mange tout 40g

GREEN, LEAFY VEGETABLES



Broccoli 40g



Brussels sprouts 40g



Cabbage 40g



Cauliflower 40g



Kale 40g



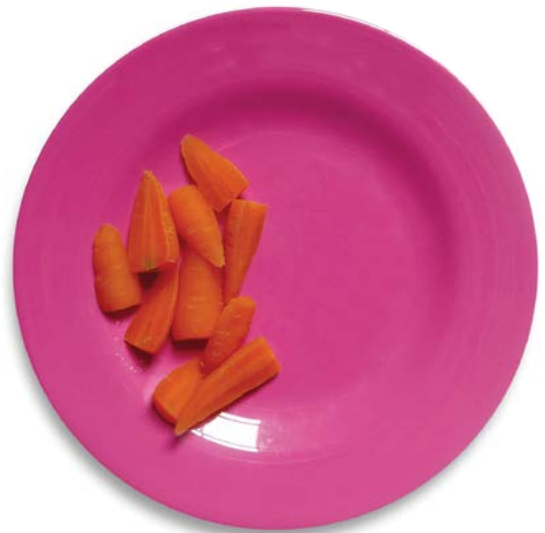
Spinach 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

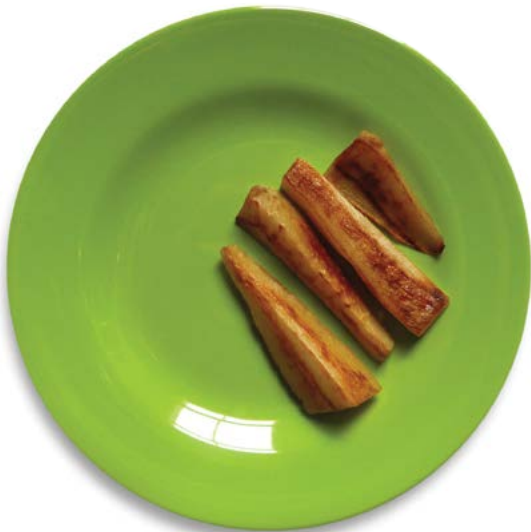
ROOT VEGETABLES AND SQUASH



Butternut squash 40g



Carrots 40g



Parsnip 40g



Swede 40g

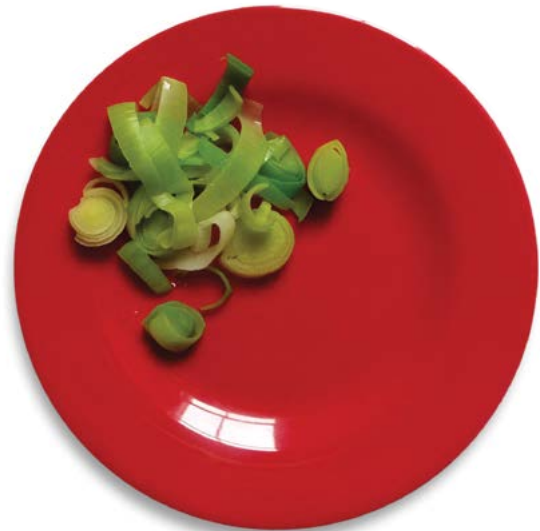


Turnip 40g

OTHER VEGETABLES



Courgette 40g



Leeks 40g



Mushrooms 40g



Mixed vegetables (frozen) 40g



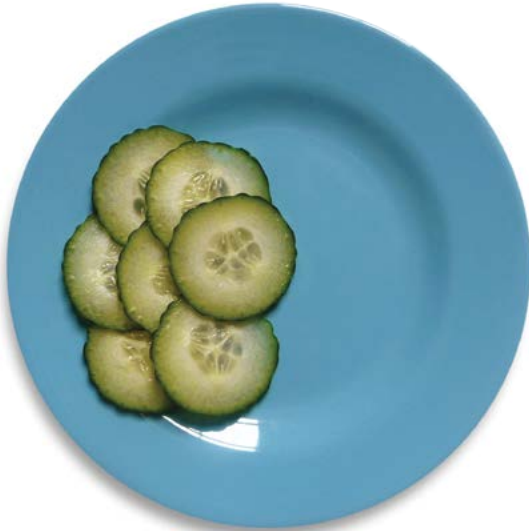
Plantain 40g



Roasted vegetables 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

SALAD AND RAW VEGETABLES



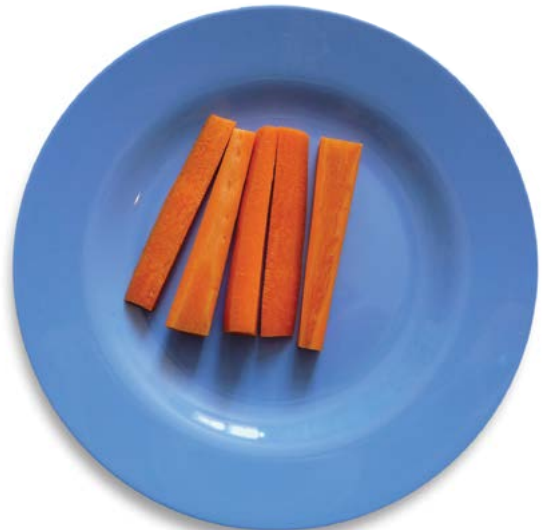
Cucumber 40g



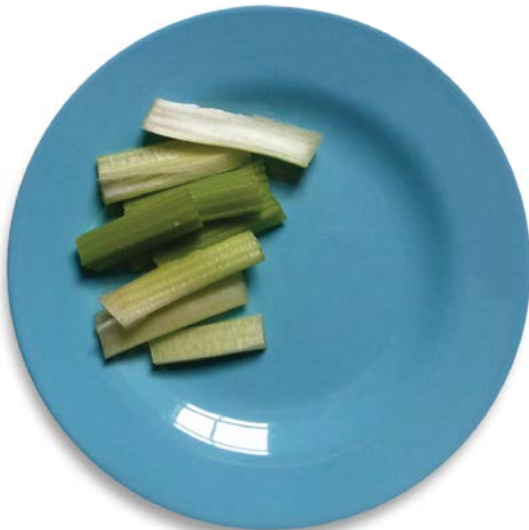
Avocado 40g



Beetroot 40g



Carrot sticks 40g



Celery sticks 40g



Lettuce 40g

PEPPERS AND TOMATOES



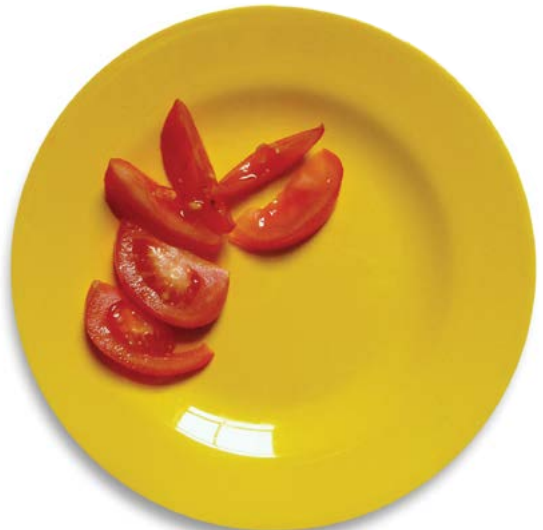
Yellow pepper 40g



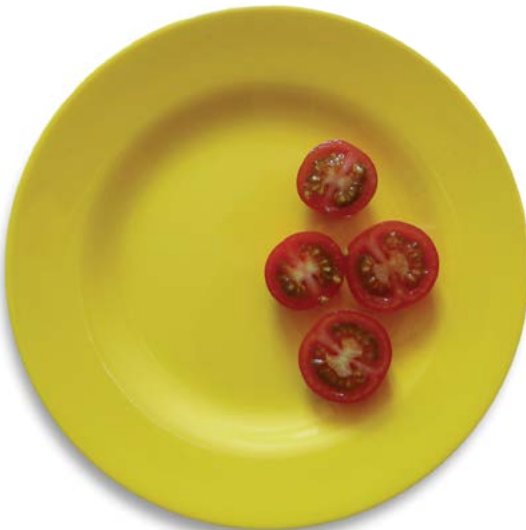
Red pepper 40g



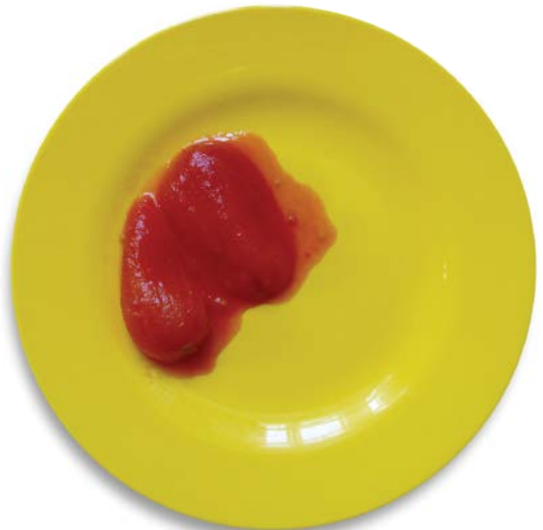
Green pepper 40g



Tomato 40g



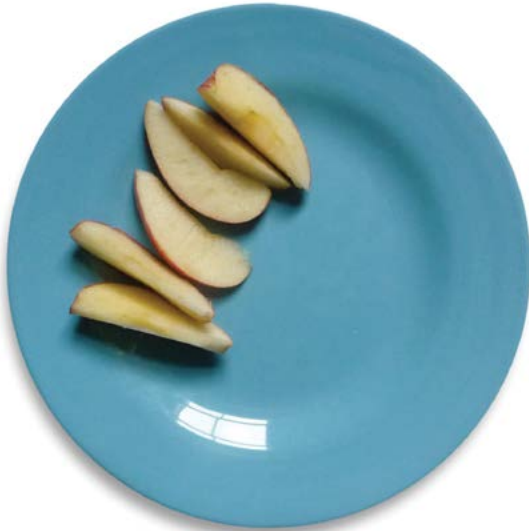
Cherry tomatoes 40g



Canned tomato 40g

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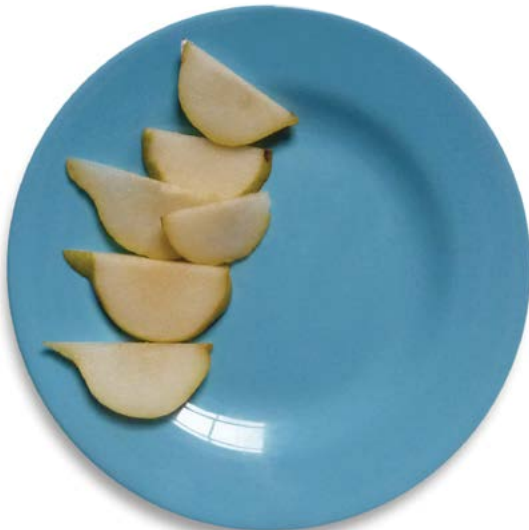
APPLES AND PEARS



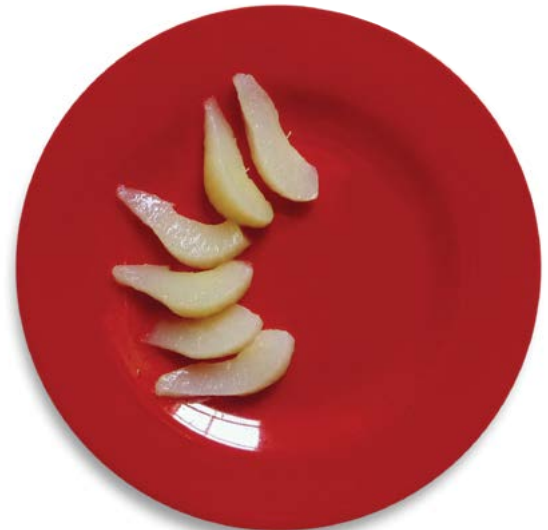
Apple 1/2 apple 40g



Stewed apple with juice 70g



Pear 1/3 pear 40g



Pears, canned in juice, served without juice 40g



Stewed pear with juice 70g

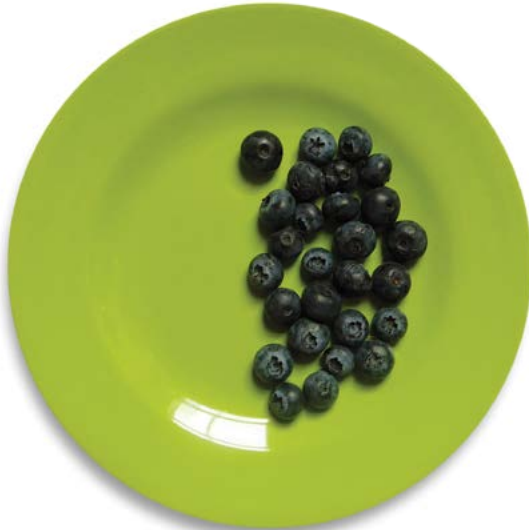
BERRIES



Blackberries 40g



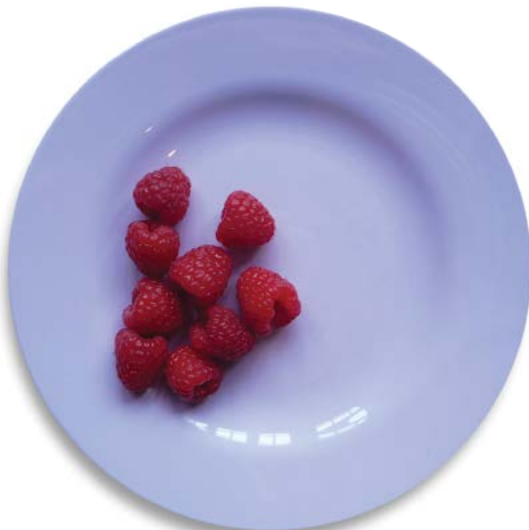
Blackcurrants and redcurrants 40g



Blueberries 40g



Frozen mixed berries 40g



Raspberries 40g



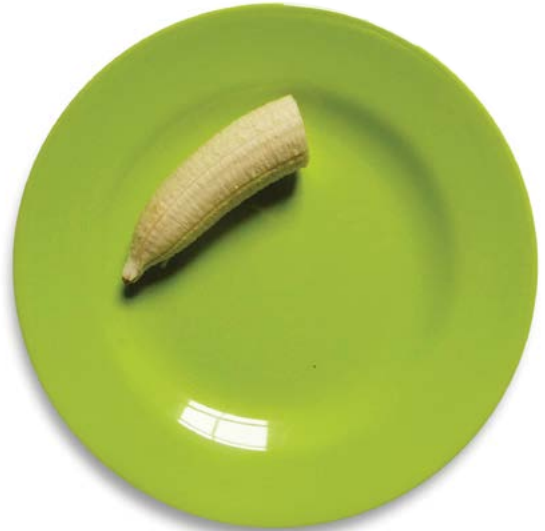
Strawberries 40g

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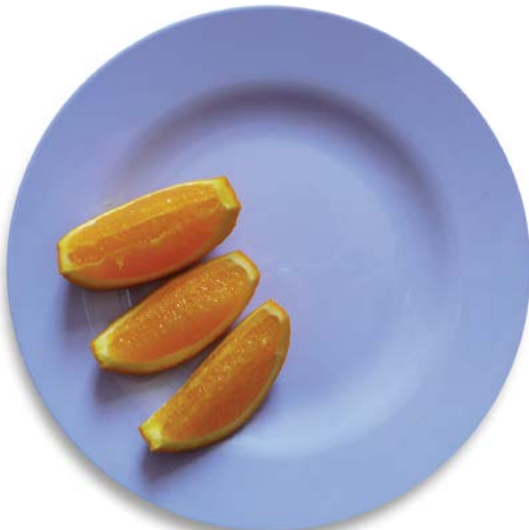
BANANAS AND ORANGES



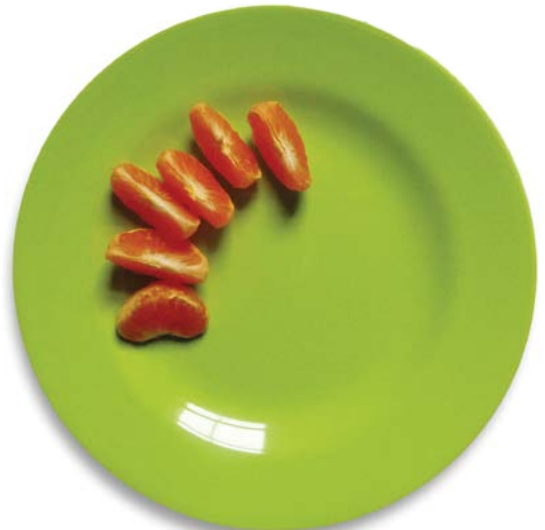
Banana 1/2 banana 40g



Banana 1/2 banana 40g



Orange 1/2 orange 40g



Clementine 1/2 clementine 40g



Mandarins, canned in juice, served with juice 70g



Mandarins canned in juice, no juice 40g

STONE FRUIT



Mango 40g



Nectarine 40g



Peaches canned in juice, served with juice 70g



Plums 40g



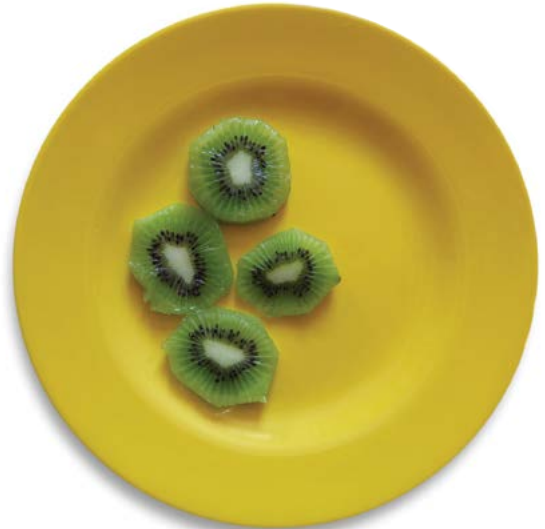
Stewed plums with juice 70g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

OTHER FRUIT



Grapes 40g



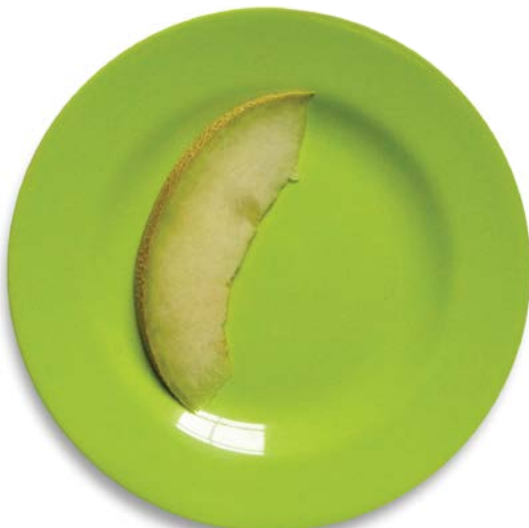
Kiwi 1/2 kiwi 40g



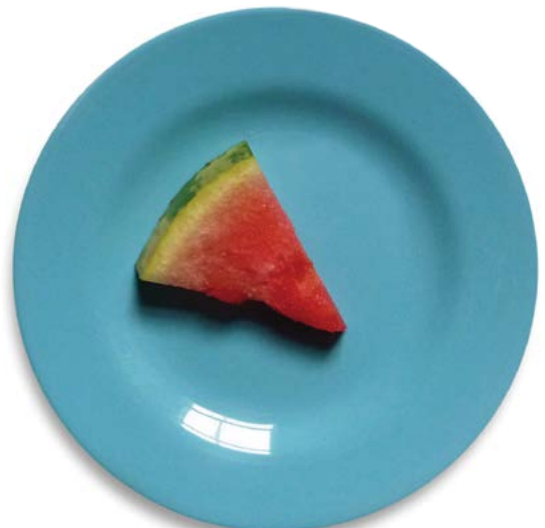
Fresh pineapple 40g



Pineapple canned in juice, served with juice 70g



Melon 70g



Watermelon 40g

Milk and dairy foods, and plant-based milk alternatives

How much to serve?	Good choices	Notes
<p>Foods from this group should be offered at 2-3 meals and snacks each day.</p> 	<p>Breastmilk</p>	<p>Mothers should be supported to continue to breastfeed in early years settings, or provide expressed breastmilk if they wish to do so.</p>
	<p>Milk Whole (full-fat) cows' milk (or other whole animal milk) can be used as the main milk drink from the age of 12 months. Over-2s can have semi-skimmed milk if they are good eaters.</p>	<p>Avoid unpasteurised milk. Avoid milk drinks with flavours and added sugar. Avoid skimmed milk, 1% fat milk and drinks marketed as growing-up or toddler milks.</p>
	<p>Plant-based milk alternatives For children who avoid dairy products, or who are on plant-based diets, unsweetened calcium-fortified soya milk alternative can be given as the main milk drink from 1 year of age. Pea-based milk alternative has a similar nutritional profile to soya-based milk alternative but may not contain riboflavin. Other plant-based milk alternatives such as those made from nuts, coconut, oats or hemp may be higher in sugars, lower in energy and protein, or have few fortificants added. For more information on plant-based milk alternatives, see the next page.</p>	<p><u>Do not serve rice-based milk alternative or rice drink to children under 5 years.</u> Most milk alternatives (including soya-based milk alternative) are much lower in energy, and can be lower in some important nutrients, than full-fat animal milk, so care needs to be taken that the rest of the diet provides adequate energy and nutrients. Choosing plant-based milk alternatives for very young children may compromise their energy and nutrient intake, and families should be encouraged to seek advice from their health visitor or GP.</p>
	<p>Cheese Cheese is high in salt, so use in small amounts.</p>	<p>Avoid unpasteurised cheese and mould-ripened (blue-vein) cheeses. Vegetarian cheese is available if needed.</p>
<p>Yoghurt and fromage frais Choose plain, full-fat, unsweetened versions. Soya milk based or coconut milk based alternatives are available for those on dairy-free or plant-based diets.</p>	<p>Avoid yoghurts and fromage frais that have a high sugar content (often those with added bits, or mousse style). If the sugar content on a yoghurt or fromage frais label says it has more than 15g of sugar per 100g, it is a high-sugar option. It is preferable to add fresh fruit to natural yoghurt or fromage frais.</p>	

MILK AND PLANT-BASED MILK ALTERNATIVES

Breastfeeding

Where mothers choose to breastfeed their toddler into the second year and beyond, this should be supported. Parents may choose to continue to provide expressed breastmilk for toddlers in childcare settings, and information on the safe storage of expressed breastmilk can be found at

www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/expressing-breast-milk/

Infant formula and follow-on formula are not needed after one year of age unless recommended by a health professional. Drinks marketed as growing-up milks or toddler milks are not recommended for use as these are frequently sweetened and may have the wrong balance of nutrients.

Milk

Full fat cows', goats', sheep's or other animal milk can be the main milk drink from 1-2 years of age. After 2 years if children are eating well they can have semi-skimmed milk, but they should not have 1% fat or skimmed milk under the age of 5.

Plant-based milk alternatives

There are a number of plant-based milk alternatives available, and any drink offered should be unsweetened and fortified. Parents may choose a plant-based milk because the family is vegan, or because their child has a cows' milk allergy, but children who are allergic to cows' milk may also be allergic to soya-based products. It is important to note that plant-based milk alternatives do not provide the same amount of energy and some other nutrients as animal milks. If children are being given a vegan diet, it is important that care is taken that all nutrient needs are met. For more information on this, see the resource *Eating well: vegan infants and under-5s* at www.firststepsnutrition.org

Care needs to be taken if introducing plant-based milk alternatives as the main milk drinks for very young children. On the next page, we give information about some of the common fortified plant-based milk alternatives that are available, and compare them with whole cows' milk. Some organic versions of plant-based milk alternatives are available, but these are not always fortified.

How much milk do 1-4 year olds need each day?

It is suggested that at 1-2 years about 400ml of cows' milk a day fits into a healthy balanced diet. The 400ml might be made up of a drink in the morning, milk with snacks, and a drink before bed or a nap, depending on how families manage their children's eating and sleeping patterns across the day. If mums are still breastfeeding as the main milk drink, there is no need to know how much milk their young child is receiving as the intake will naturally adapt around food consumption. Some mums may breastfeed in the morning and at night and offer a smaller amount of cows' milk during the day.

Children aged 2-4 years probably need about 300-350ml of milk a day as they will eat bigger portions of food at meals, may need fewer or shorter daytime naps, or not want a drink before bed.

Large amounts of cows' milk, particularly when given in a bottle, are linked to poorer dietary habits in young children, who won't have the appetite for foods at meals. All children should be encouraged to drink milk from a cup after 1 year of age.

Soya milk alternative/soya drink

Unsweetened calcium-fortified soya-based milk alternative is the most cost-effective and easily sourced plant-based milk alternative, but this is lower in energy than full-fat milk and care has to be taken that the diet is sufficiently energy-dense if this is the main milk drink offered. Drinking larger amounts of a plant-based milk alternative may reduce a young child’s appetite for food at meals.

Other unsweetened fortified plant-based milk alternatives and drinks

Unsweetened fortified pea-based milk alternative has a similar energy and protein content to soya-

- based milk alternative but may not be fortified with
- riboflavin. Oat-based milk alternatives will contain free
- sugars from the processing of the oats used. Nut-,
- coconut- and hemp-based milk alternatives can be
- low in energy and protein and may not have the same
- level of fortification.
- Care needs to be taken when using these plant-based
- milk alternatives as the main milk drink for very young
- children, and families are encouraged to discuss their
- milk choice and child’s diet with a health professional.
- Below we show the amount of milk needed to
- provide the same number of calories as from full-fat
- cows’ milk.
-

The glasses of milk below all provide the same amount of energy (calories).



Note: The milk alternatives shown above are based on unsweetened and fortified versions as shown in the table on the next page. Oat-based milk alternative does not have added sugars but will contain free sugars from the processing of the oats in manufacture. All plant-based milk alternatives are ultra-processed foods.

Plant-based milk alternatives for vegan children

Per 100ml	Whole cows' milk ¹	Fortified oat milk alternative ²	Unsweetened fortified soya milk alternative ³	Unsweetened fortified pea milk alternative ⁴	Unsweetened fortified coconut milk alternative ⁵	Unsweetened fortified almond milk alternative ⁶
Energy kcal	63	46	33	32	14	13
Protein g	3.4	1.0	3.3	3.3	0.1	0.4
Carbohydrate g	4.6	6.7	1.0	0.1	0	Nil
Fat g	3.6	1.5	1.8	2.0	1.2	1.1
Vitamin D micrograms	Trace	1.1	0.75	0.78	0.75	0.75
Riboflavin mg	0.23	0.21	0.21	Not added	Not added	0.21
Vitamin B12 micrograms	0.9	0.38	0.38	0.94	0.38	0.38
Calcium mg	120	120	120	186	120	120
Iodine ⁷ micrograms	31	22.5	13	31	8	6
Salt g	0.1	0.1	0.1	0.26	0.13	0.13
Price * per 100ml	7p	15p	10p	20p	18p	18p

* These prices are based on fresh milks where available. UHT milks are often cheaper.

1 Tesco whole cows' milk 2 pints (1.13 litres), Tesco 2021, 71p/litre

2 Oatly Oat Drink, Tesco 2021, £1.50/litre

3 Tesco Soya Unsweetened, Tesco 2021, 95p/litre

4 Mighty Pea Unsweetened M.L.K., Tesco 2021, £2.00/litre

5 Alpro Coconut No Sugars, Tesco 2021, £1.80/litre

6 Alpro Almond No Sugars, Tesco 2021, £1.80/litre

7 If data not available on product, data was taken from: Bath et al, 2016. Iodine concentration of milk-alternative drinks available in the UK. Proceedings of the Nutrition Society; 75 (OCE3), E119.

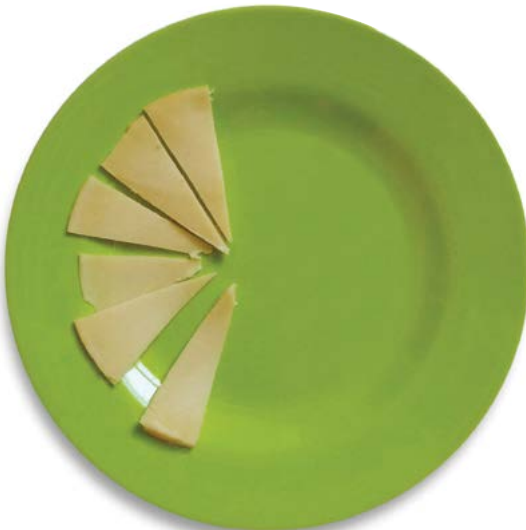
CHEESE



Cheddar cheese 15g



Cottage cheese 30g



Edam cheese 15g



Mozzarella 20g



Soft cheese 20g



Cheese triangle 18g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

YOGHURT



Plain yoghurt (full-fat) 60g

.....



Greek yoghurt 50g

.....



Soya yoghurt 60g

.....



Coconut yoghurt 50g

.....

Meat, fish, eggs, pulses, nuts, seeds and meat alternatives

How much to serve?

Main meals should always contain an item from this group.

Foods in this group are high in iron and zinc and can also be usefully served as part of snacks, for example as sandwich fillings.

Good choices

Meat – all types including beef, lamb, pork, chicken and turkey

Fish includes:

- white fish such as cod, haddock, coley and white fish varieties from sustainable fish stocks such as pollack and blue whiting
- oil-rich fish such as herring and mackerel, salmon, trout, sardines, sprats or pilchards. Fresh or canned tuna does not count as an oil-rich fish but is a good source of nutrients.

Eggs – including boiled, scrambled or poached, or in an omelette

Pulses – including all sorts of beans and peas such as butter beans, kidney beans, chickpeas, lentils or baked beans

Ground nuts – such as smooth peanut butter, cashew or almond butter

Crushed seeds or ground seeds – such as sunflower seeds, pumpkin seeds or tahini

Meat alternatives – such as soya mince/ textured vegetable protein, Quorn or tofu

Notes

Avoid processed meat and fish products that are high in fat and salt, such as crumb-coated products, burgers, pies, sausages and canned meats.

If you are buying fish from a supermarket, look for the blue and white logo of the Marine Stewardship Council, which guarantees sustainability.

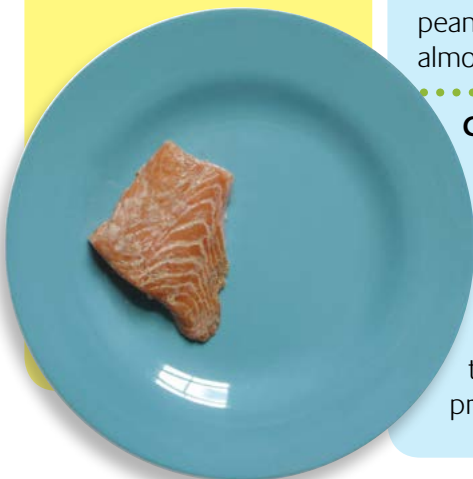
Make sure fish dishes are free of bones.

Eggs stamped with the British Lion mark can be eaten raw or lightly cooked. All other eggs (including non-hen's eggs) should be cooked until the white and yolk are firm.

Look for canned pulses with no added salt and sugar.

Choose lower-salt and low-sugar baked beans.

Avoid processed meat alternatives (such as vegetarian sausages, burgers and pies), as these can be high in salt.



MEAT



Chicken 45g



Pork 40g



Beef 40g



Minced lamb 40g



Turkey mince 40g

FISH



White fish 40g



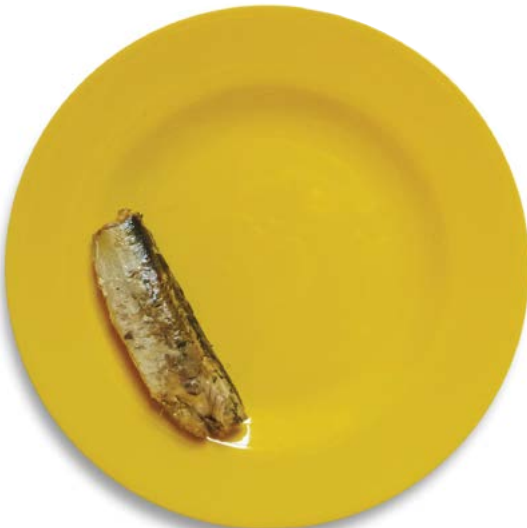
Salmon fillet 40g



Canned tuna 40g



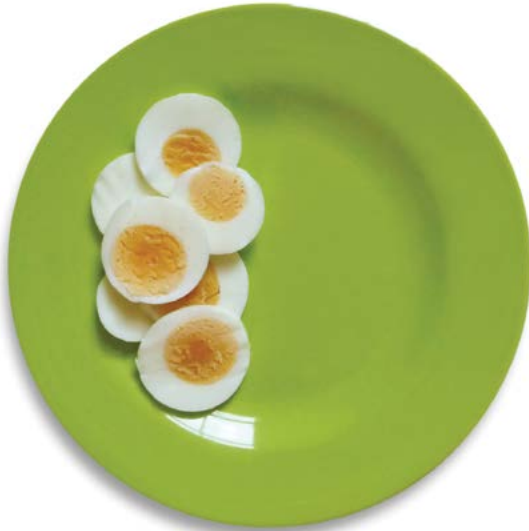
Canned pilchards in tomato sauce 50g



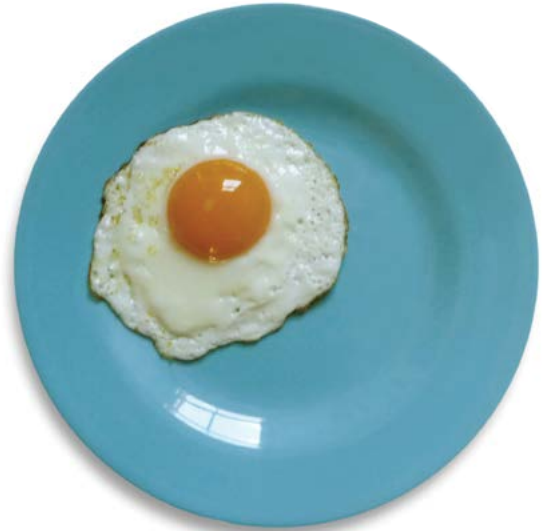
Canned sardine 40g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

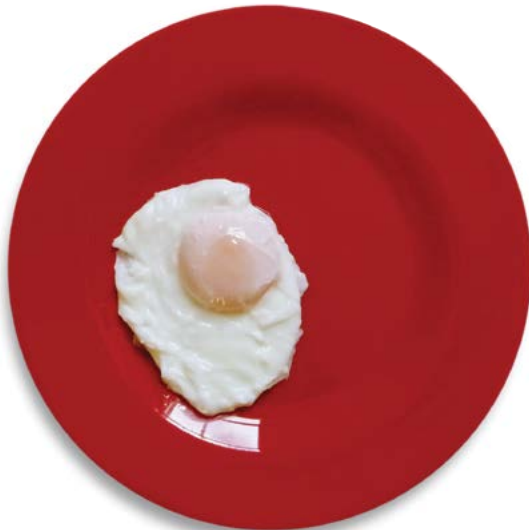
EGGS



Boiled egg 50g



Fried egg 50g



Poached egg 50g



Omelette 50g



Scrambled egg 50g

PULSES



Butter beans (chopped) 40g



Cannellini beans 40g



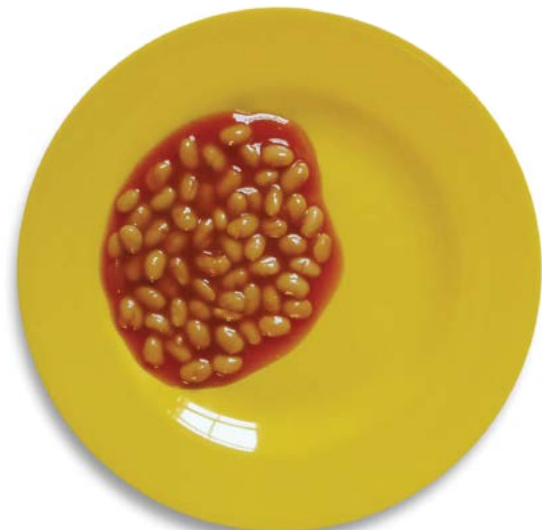
Red kidney beans 40g



Soya beans 40g



Mixed beans 40g



Baked beans 55g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

PULSES



Chickpeas 40g



Humous 40g



Mini falafels 40g



Green lentils 40g



Red lentils 40g



Dahl 50g

NUTS AND SEEDS, AND THEIR PRODUCTS



Peanut butter 15g



Cashew nut butter 15g



Sunflower seeds (crushed) 20g



Tahini 15g



Pumpkin seeds (crushed) 20g

The photos show various types of foods to illustrate amounts, but carers should ensure that foods are cut up appropriately where needed so that they are not a choking hazard.

MEAT ALTERNATIVES



Quorn mince 50g



Quorn pieces 50g



Soft tofu 50g



Tofu pieces 50g

For more information

Useful websites and publications

Action for Children

The updated *Voluntary food and drink guidelines for early years settings in England* can be found at: www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf

Best Start Foods

www.mygov.scot/best-start-grant-best-start-foods/
Information about the Scottish welfare food scheme similar to Healthy Start.

Child Feeding Guide

www.childfeedingguide.co.uk
Website and app to support families around fussy eating.

First Steps Nutrition Trust

www.firststepsnutrition.org
Eating well: The first year
Eating well: Packed lunches for 1-4 year olds
Eating well: Vegan infants and under-5s
Eating well: Healthy snacks for 1-4 year olds
Infant milks in the UK
Healthy Start and Best Start Foods: A practical guide
Eating well recipe book
Eating well sustainably: A guide for early years settings

Food for Life: Early Years

<https://www.foodforlife.org.uk/early-years>
An award scheme for early years settings that promotes a whole-setting approach in line with the Food for Life principles.

Healthy Start

www.healthystart.nhs.uk
Information about the Healthy Start scheme in England, Wales and Northern Ireland.

HENRY

www.henry.org.uk
Provides support to families with young children about changing behaviour around eating well and activity.

Institute of Health Visiting

www.ihv.org.uk
Provides a range of tips for parents, and good practice points related to nutrition and pre-school children.

NHS

www.nhs.uk
The NHS website contains information on healthy eating for under-5s.

NHS Health Scotland/Scottish Government

www.healthscotland.com
A website providing up-to-date information, resources and support for practitioners working with or supporting pregnant women and families with young children.

• *Setting the table: Nutritional guidance and food standards for early years childcare providers in Scotland* is available at: <http://www.healthscotland.com/documents/30341.aspx>

• *Ready, steady, toddler!*
www.readysteadytoddler.org.uk
A website for families.

Public Health Agency (Northern Ireland)

• The following publications can be downloaded from www.publichealth.hscni.net
• *Getting a good start – Healthy eating from one to five (Updated in 2018)*
<https://www.publichealth.hscni.net/publications/getting-good-start-healthy-eating-one-five-english-and-translations>
• This booklet outlines advice on many key nutritional issues for children aged 1-5.

• *Nutrition matters for the early years: Guidance for feeding under fives in the childcare setting* can be found at: <https://www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting>

Public Health Wales

• *Bump, baby & beyond*
A book with information on pregnancy, birth and into the toddler years. Available from: <http://www.wales.nhs.uk/documents/Pregnancy%20to%204%20Years%20Book%20FINAL%20English%20March%202019%20-%20E-Book%20V....pdf>

Start4Life

• www.nhs.uk/start4life
Start4life provides a range of information to support eating well in the early years.

Sustain

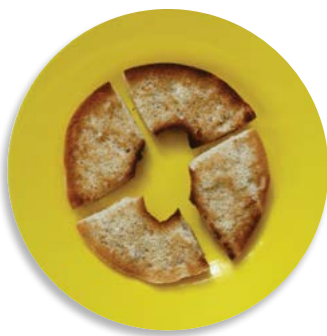
• www.sustainweb.org
Guide to sustainable food.

Tiny Tastes

• *Tiny tastes*
A pack to help parents manage fussy eating and encourage young children to try new vegetables. Available for sale from www.fbsresources.com

Welsh Government

• *Food and Nutrition for Childcare Settings*
<https://gov.wales/sites/default/files/publications/2019-03/190313-nutrition-guidance-complete.pdf>
• Menus and recipes to accompany the guidance can be downloaded from:
<https://gov.wales/food-and-nutrition-childcare-providers>



FIRST STEPS NUTRITION TRUST



www.firststepsnutrition.org

Good food choices and portion sizes for 1-4 year olds

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