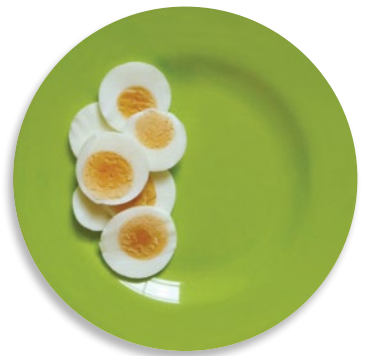


Good food choices and portion sizes for 1 to under-5 year olds



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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.

Acknowledgements

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Edited by Wordworks.

Design by Sally Geeve and White Creative

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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Registered charity number: 1146408

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Introduction

What is in this guide?

This guide provides a visual resource for anyone looking after or supporting children aged from 12-59 months (i.e from 1 to under-5 years old) 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 help children to develop healthy taste preferences and dietary habits in later life.

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 to under-5 year olds.

Good meal choices, with appropriate portion sizes, for 1 to under-5 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 to under-5 year olds*
- *Eating well: Vegan infants and under-5s.*
- *Eating well: Snacks for 1 to under-5 year olds*

For more information, see page 6.

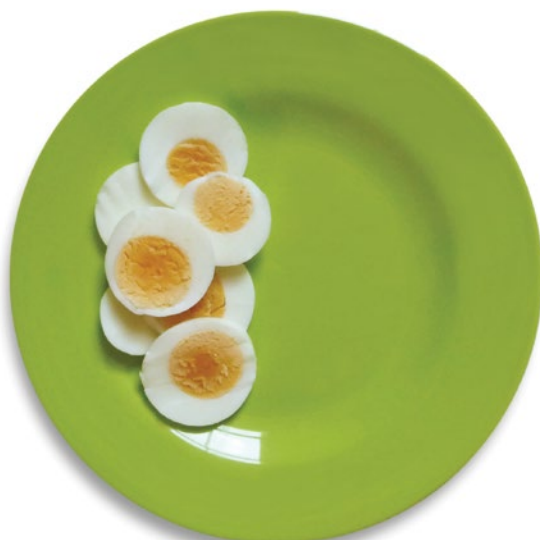
How have the portion sizes been calculated?

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 to under-5 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 by childminders and 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 by health workers supporting 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.



For more information about eating well for 1 to under 5 year olds in early years settings

ENGLAND

*Eat better, start better:
A practical guide*

Available at:

<https://foundationyears.org.uk/eat-better-start-better/>

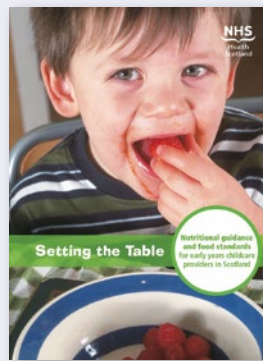


SCOTLAND

*Setting the table:
Nutritional guidance and food standards for early years childcare providers in Scotland*

Available at:

www.healthscotland.com

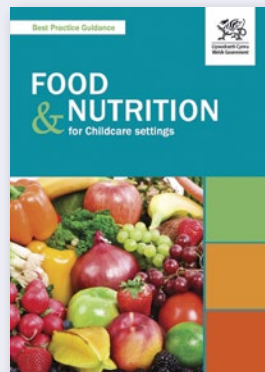


WALES

*Food and nutrition
for childcare
settings*

Available at:

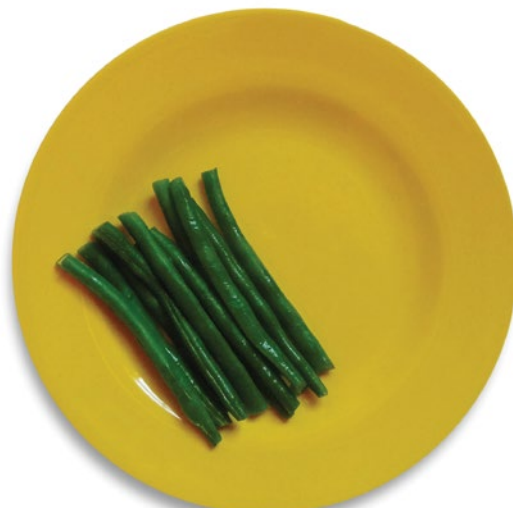
www.gov.wales



NORTHERN IRELAND

*Nutrition matters
Available at:*

www.publichealth.hscni.net



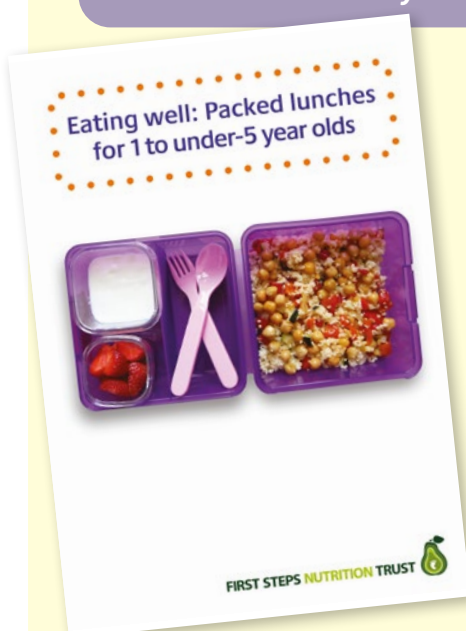
Other resources from First Steps Nutrition Trust

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

Eating well recipe book



Eating well: Packed lunches for 1 to under-5 year olds



Eating well: Vegan infants and under-5s

Eating well: vegan infants and under-5s



FIRST STEPS NUTRITION TRUST



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 fried 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 diced	
4 rice cakes	
100g cherry tomatoes, halved	

Serve with 100ml unsweetened calcium-fortified soya milk.



SAVOURY MEAL

Black-eyed bean chilli with yellow rice and roasted vegetables

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

Black-eyed bean chilli	Yellow rice	Roasted vegetables
1/2 tablespoon vegetable oil	80g basmati rice	1/2 medium courgette, trimmed and cut into small pieces
1 teaspoon garlic paste	150ml water	5 medium mushrooms, halved
1 small onion, peeled and finely diced	1/2 tablespoon dark green leafy greens	1/2 medium onion, peeled and cut into chunks
1 small (200g) can chickpeas	1/2 teaspoon mild chilli powder	1/2 small red pepper, cored, sliced and cut into chunks
1/2 teaspoon mild chilli powder	15g tarragon or dill, chopped	1/2 small yellow pepper, cored, sliced and cut into chunks
1/2 tablespoon olive oil		1/2 teaspoon dried mixed herbs
1 large (400g) can black-eyed beans, drained (drained weight 240g)		1/2 tablespoon vegetable oil

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 courgette, chilli powder and tarragon or dill. Stir well and cook for 5 minutes.
3. Add the beans and cook for a further 5 to 10 minutes.

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: Snacks for 1 to under-5 year olds

Eating well: snacks for 1 to under-5 year olds



FIRST STEPS NUTRITION TRUST



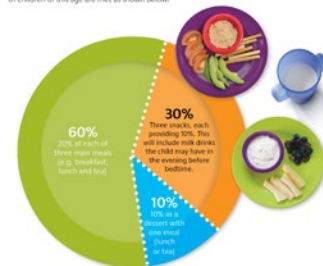
Why do we need ideas for snacks?

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 to under-5 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 1 to under-5 year old?

Snacks are an opportunity to offer young children additional energy and nutrients between meals. Snacks should be viewed as 'mini meals', using the same healthy eating principles to be given what people think of as 'snack foods'. In order that children get the nutrients they need to contribute to their growth and development, snacks should offer a range of foods, and amounts of food that, if consumed as snacks, will meet the energy and nutrient needs of the child.

Snacks with soft and pepper slices

Starchy food
Crisper

Dairy food or alternative
Soft cheese

Protein food
Sandwich

Snacks with celery

Plates used in the photos

The photos on pages 11-42 show individual foods, in portion sizes appropriate for 1 to under-5 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?

Foods from this group should be offered at every meal, and can be useful foods to offer as part of snacks.

These foods should make up about a third of the food served each day.

Good choices

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

Potatoes or sweet potatoes – boiled, mashed, baked or wedges

Yam, plantain, cocoyam, cassava and other starchy root vegetables

Pasta and noodles – wholemeal and white

Rice – brown and white rice

Other grains such as pearl barley, couscous or bulgur wheat, maize (polenta), quinoa and cornmeal

Breakfast cereals – low-sugar, low-salt cereals such as porridge, puffed wheat, weet bisks, crisped rice or flaked wheat.

Notes

Look for lower-salt breads.

Processed potato products like waffles or smiley faces should be avoided.

Avoid dried or canned ready-prepared pasta in sauce, as these are very salty.

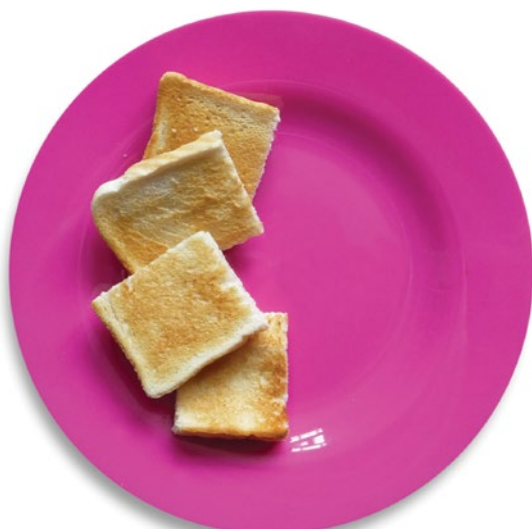
Avoid fried rice or flavoured dried rice in packets.

Avoid sugary breakfast cereals. Look for those that have no added sugar.



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

.....

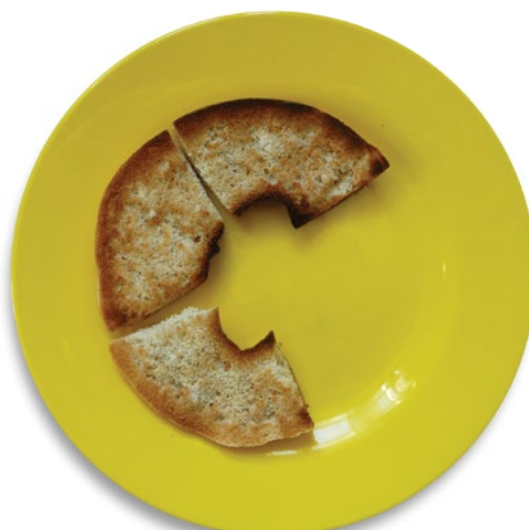


White pitta bread 1/2 pitta bread 30g

.....



Wholemeal pitta bread 1/2 pitta bread 25g



Bagel 3/4 bagel 30g

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

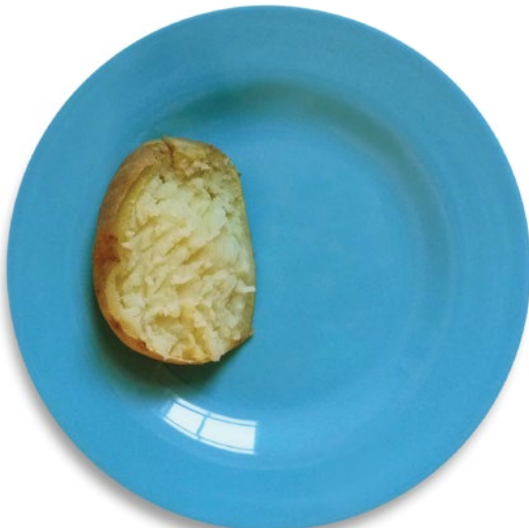
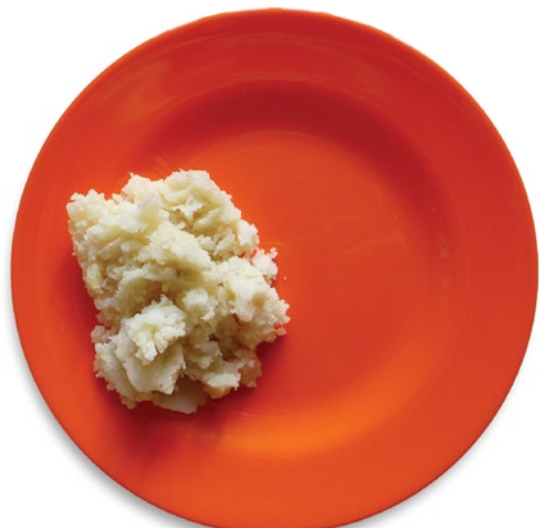


Polenta 80g



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

BREAKFAST CEREALS



Puffed wheat 15g and 100ml milk



Shredded wheat 1 bisc 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 soya milk alternative 100g
Made from 15g oats and 150ml unsweetened fortified soya milk alternative



Ready brek 100g

Vegetables and fruit

How much to serve?

Offer different fruits and vegetables at meals and snacks.

1 to under-5 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 to under-5 year olds at meals and snacks.

DID YOU KNOW?

Young children need to be presented with unfamiliar vegetables on multiple occasions (as many as 8 to 10 times or more for each vegetable) to help develop and support their regular consumption.



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.

Where possible choose unprocessed or minimally processed foods. For example swap packaged fruit snacks for fresh fruit, and children's veggie straws, puffs and crisps for raw vegetable sticks or plain rice cakes.

Notes

Avoid vegetables canned with added salt and sugar.

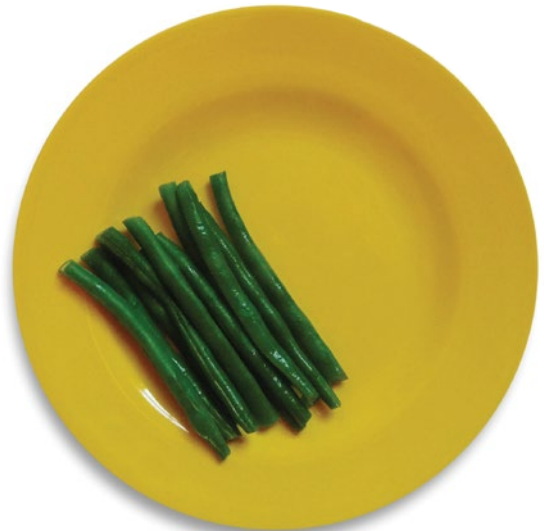
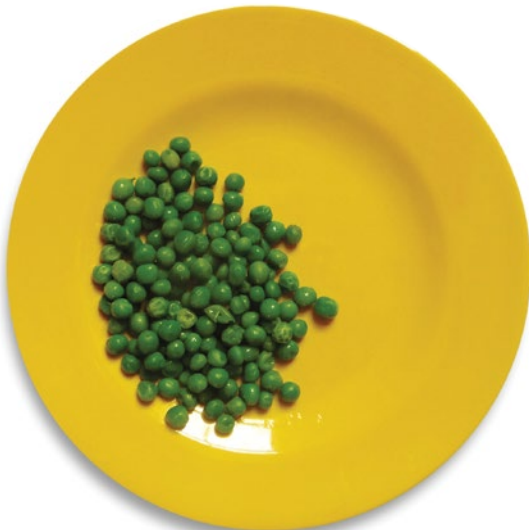
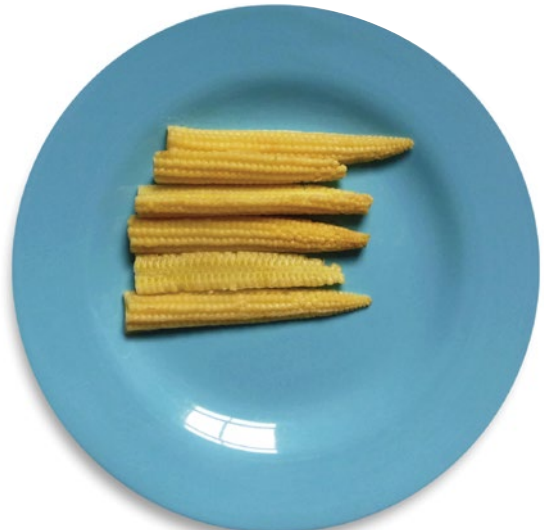
Do not overcook fresh vegetables, and don't cut them up a long time before cooking and leave them in water, or cook them early and re-heat before serving. These practices all reduce the vitamin content.

Avoid fruit canned in syrup.

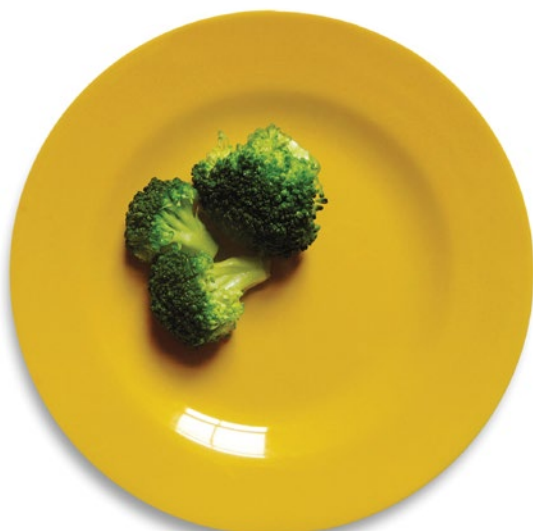
If the fruit to be stewed is sour, add a little apple juice, or mix with a sweeter fruit.

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



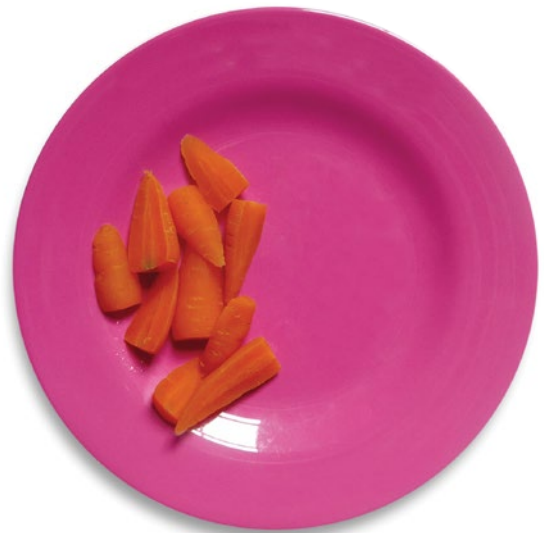
Spinach 40g

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.

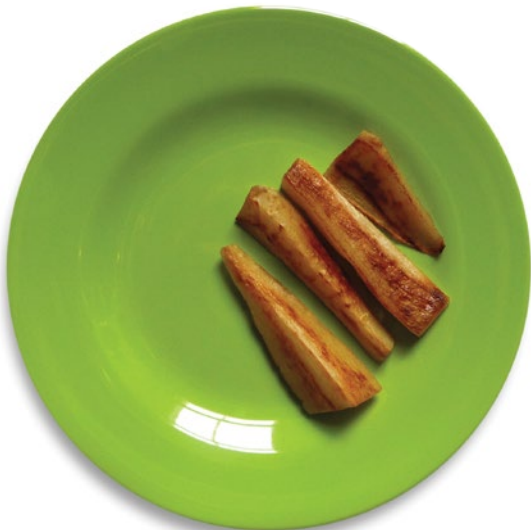
ROOT VEGETABLES AND SQUASH



Butternut squash 40g



Carrots 40g



Parsnip 40g



Swede 40g

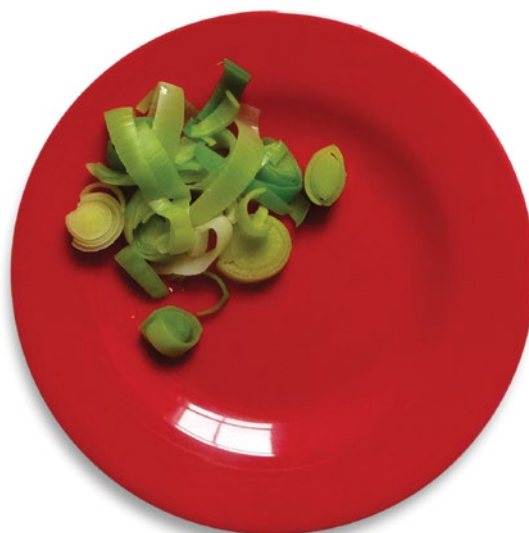


Turnip 40g

OTHER VEGETABLES



Courgette 40g



Leeks 40g



Mushrooms 40g



Mixed vegetables (frozen) 40g

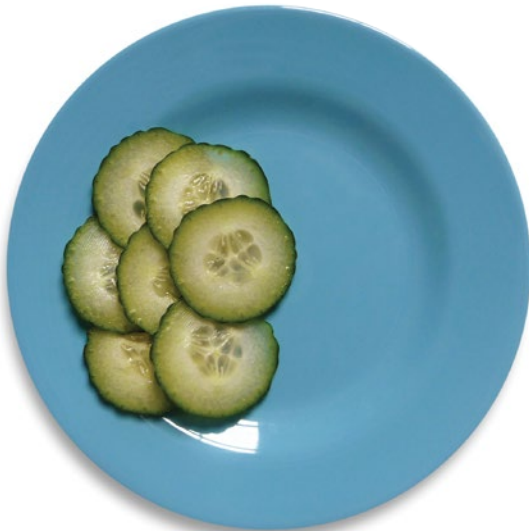
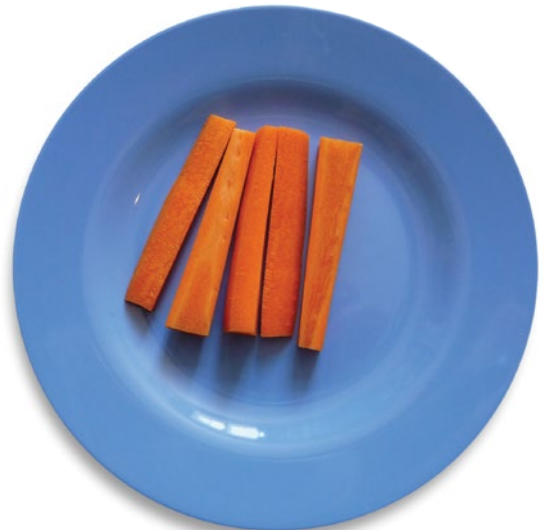
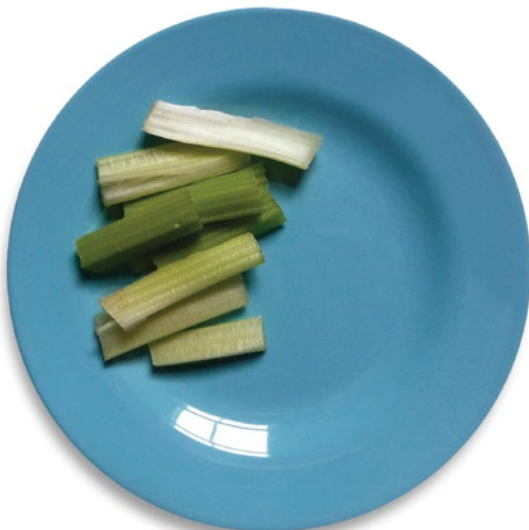


Plantain 40g



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



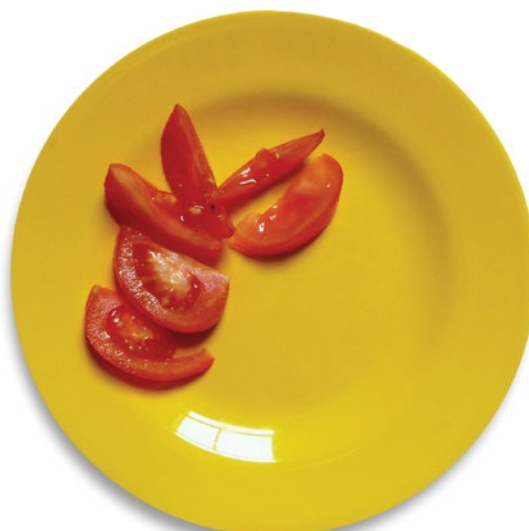
Yellow pepper 40g



Red pepper 40g



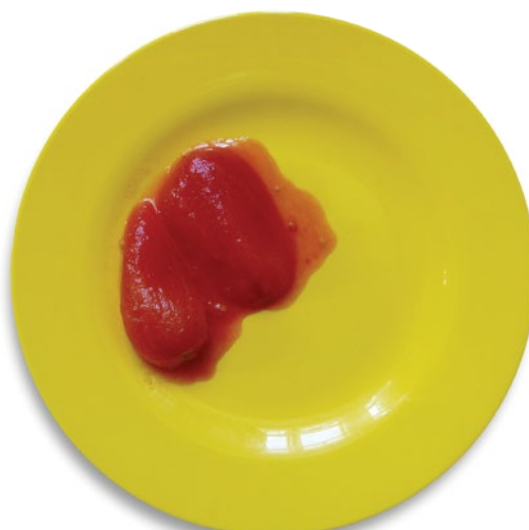
Green pepper 40g



Tomato 40g



Cherry tomatoes 40g



Canned tomato 40g

APPLES AND PEARS



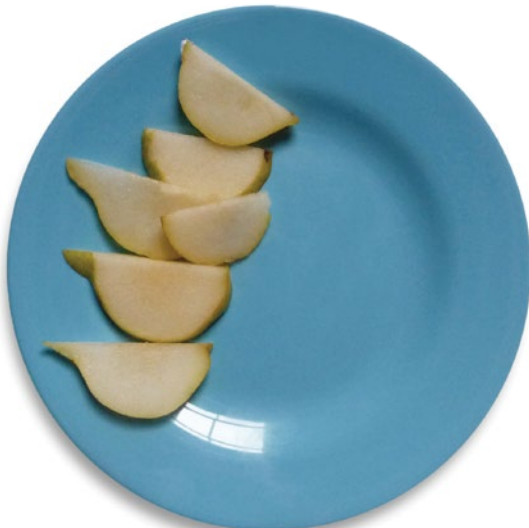
Apple 1/2 apple 40g

.....



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



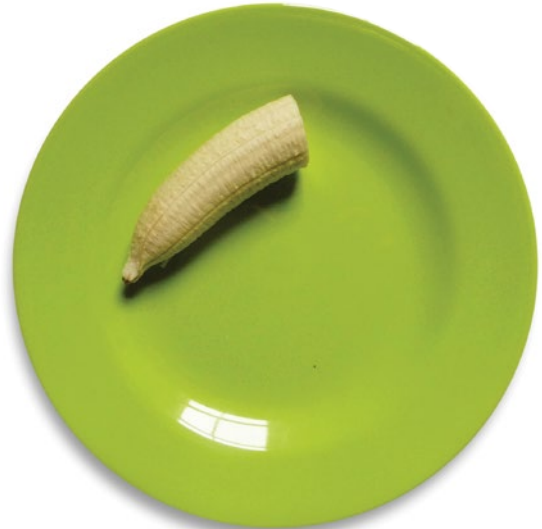
Strawberries 40g

BANANAS AND ORANGES



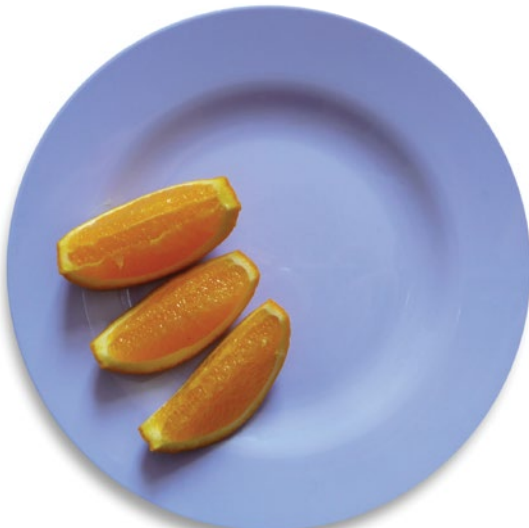
Banana 1/2 banana 40g

.....



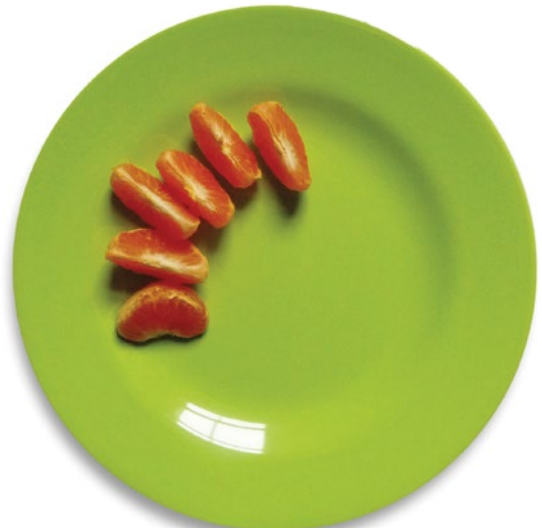
Banana 1/2 banana 40g

.....



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



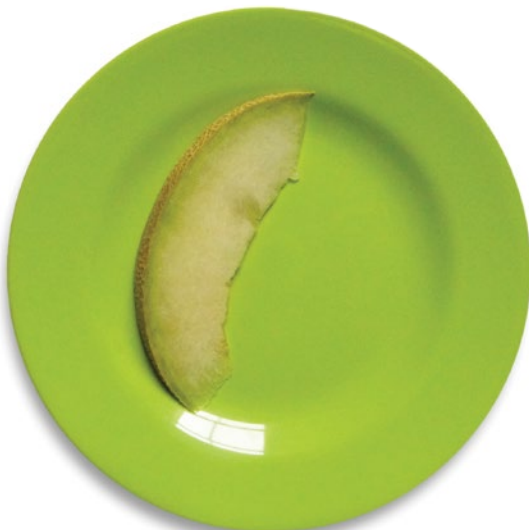
Kiwi 1/2 kiwi 40g



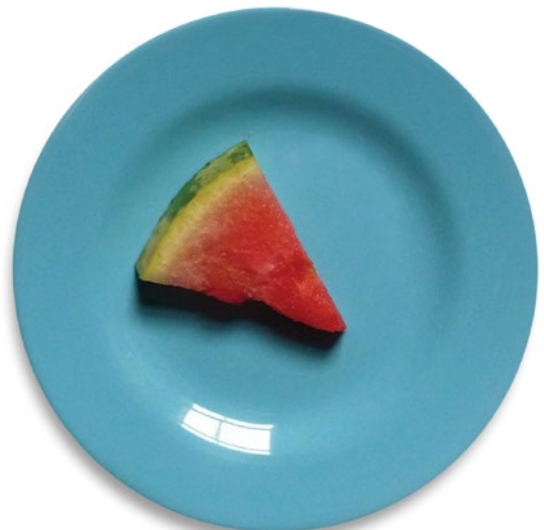
Fresh pineapple 40g



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?

Foods from this group should be offered at 2-3 meals and snacks each day.

DID YOU KNOW?

Formula milks are not needed past 12 months of age. This includes infant formula, follow-on formula and growing-up and toddler milks. Growing-up and toddler milks typically contain a lot of sugar.



Good choices

Breastmilk

Milk

Whole (full-fat) or semi-skimmed cows' milk (or other animal milk) can be used as the main milk drink from the age of 12 months.

Plant-based milk alternatives

For children who avoid dairy products, or who are on plant-based diets, unsweetened calcium-fortified milk alternatives can be given, including soya, pea, oat and nut milks. For more information on plant-based milk alternatives, see the next page.

Cheese

Cheese is high in salt, so use in small amounts. Cottage cheese and soft cheese are lower in salt than hard cheeses. Mozzarella, Emmental and Wensleydale cheeses are lower in salt than most other hard cheeses.

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.

Notes

Mothers should be supported to continue to breastfeed or provide expressed breastmilk if they wish to do so.

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.

Do not serve rice-based milk alternative or rice drink to children under 5 years.

Most milk alternatives (including soya-based milk) are much lower in energy, and can be lower in some important nutrients, than 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.

Avoid unpasteurised cheese and mould-ripened (blue-vein) cheeses. Vegetarian cheese is available if needed.

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.

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, for example 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/

Formula milks

Formula milks - including infant formula, follow-on formula and growing-up and toddler milks - are not needed after 12 months of age. In particular, growing-up and toddler milks typically contain a lot of sugar.

Milk

Full fat or semi-skimmed cows', goats', sheep's or other animal milk can be the main milk drink from 1 year of age. Children 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 to under-5 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, 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 and offer drinks of cows' milk too.

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

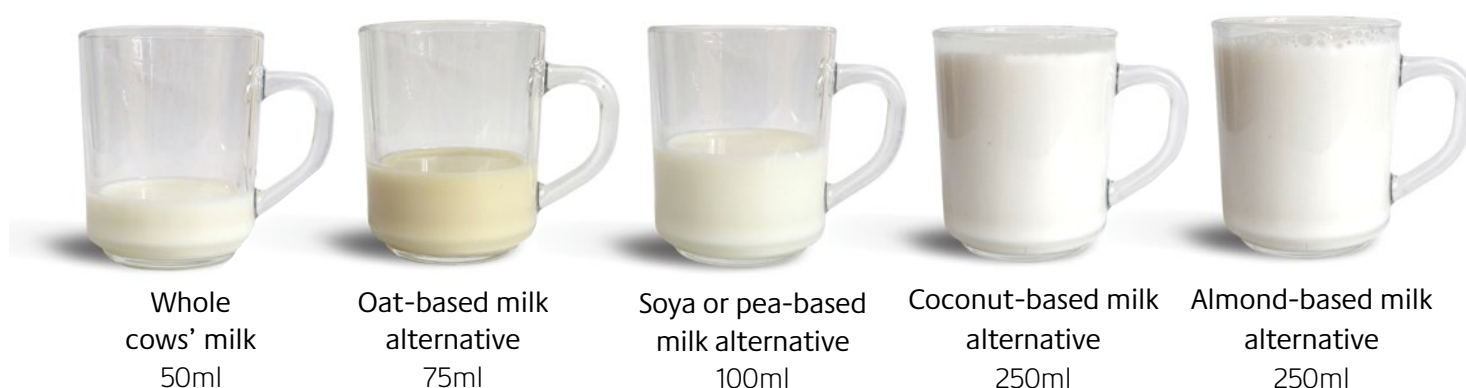
Unsweetened fortified pea-based milk alternative has a similar energy and protein content to soya-

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. Volumes will be higher if semi-skimmed milk is offered.

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 compared with cows' milk

	Cows' milk		Plant-based milk alternatives				
Per 100ml	Whole ¹	Semi-skimmed ¹	Unsweetened fortified oat milk alternative ²	Unsweetened fortified soya milk alternative ³	Unsweetened fortified pea protein alternative ⁴	Unsweetened fortified coconut milk alternative ⁵	Unsweetened fortified almond milk alternative ⁶
Energy kcal	63	46	48	38	37	14	13
Protein g	3.4	3.4	1.1	3.4	1.3	0.1	0.4
Carbohydrate g	4.6	4.7	7	1.1	2.8	0	0
Fat g	3.6	1.7	1.1	2.1	2.2	1.2	1.1
Vitamin D micrograms	Trace	Trace	1.5	0.75	0.75	0.75	0.75
Riboflavin mg	0.23	0.24	0.21	0.21	Not added	Not added	0.21
Vitamin B12 micrograms	0.9	0.9	0.38	0.38	0.9	Not added	0.38
Calcium mg	120	120	120	120	120	120	120
Iodine ⁷ micrograms	31	30	22.5	22.4	30	Not added	Not added
Salt g	0.1	0.1	0.1	0.1	0.15	0.07	0.14
Price per 100ml	11p	11p	21p	13p	19p	21p	21p

1. Based on cost of Tesco whole milk and semi-skimmed milk, 2 pints (1.136 litre) 2023.

2. Based on Oatly UHT Semi oat milk alternative, Tesco 2023.

3. Based on Tesco own-brand unsweetened UHT soya milk alternative 2023.

4. Based on Mighty M.Lkology Semi Uht Pea Protein Drink, Tesco 2023.

5. Based on Alpro unsweetened UHT coconut milk alternative, Tesco 2023.

6. Based on Alpro unroasted unsweetened UHT almond milk alternative, Tesco 2023.

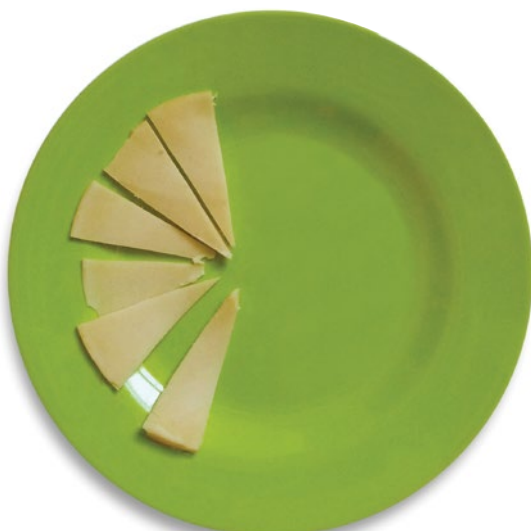
CHEESE



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

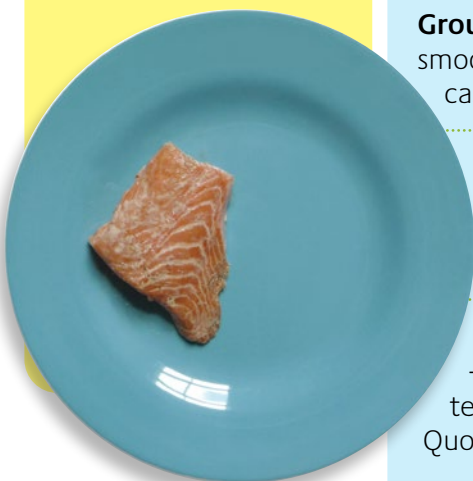
How much to serve?

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.

Where possible, choose unprocessed and minimally processed options.

These are likely to be lower in fat, sugar and salt, and more nutrient dense. For example, you can swap processed meat or fish covered with breadcrumbs or batter (such as sausage rolls, scotch eggs or chicken nuggets) with pieces of chicken or egg.



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 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.

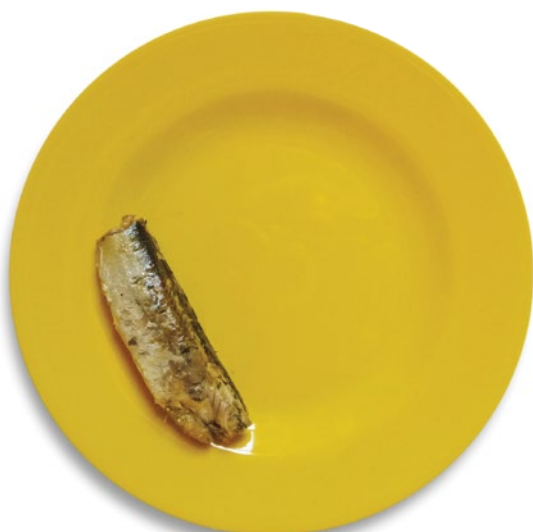
Eggs stamped with the British Lion or Laid in Britain marks can be eaten raw or lightly cooked. All other eggs (including non-hen's eggs) should be cooked until the white and yolk are firm.

Look for canned pulses with no added salt and sugar.

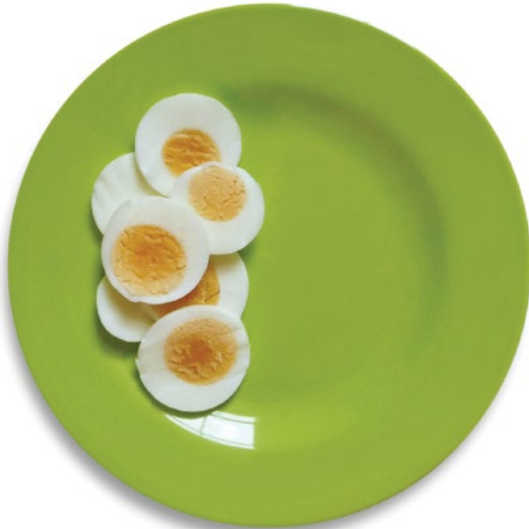
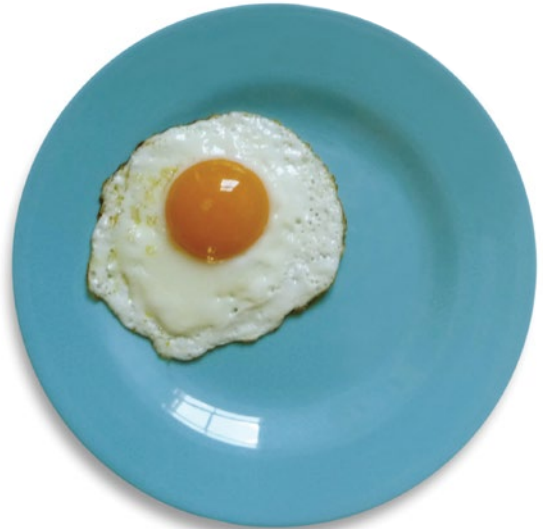
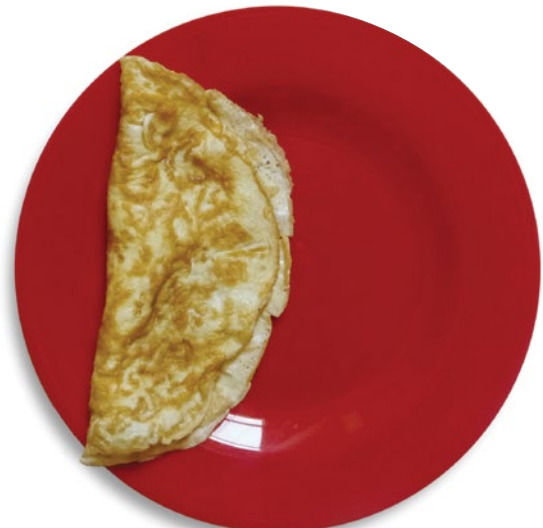
Choose lower-salt and low-sugar baked beans.

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



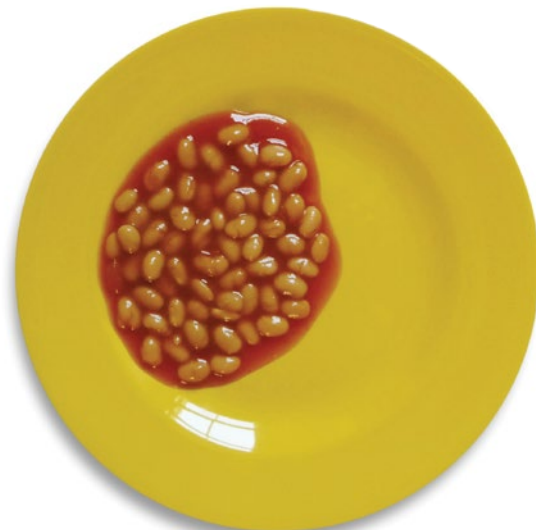
Red kidney beans 40g



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



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