Eating well for 5-11 year olds

Practical guide

www.cwt-chew.org.uk
Published by The Caroline Walker Trust, 2010.

This book includes a CD-ROM containing full-colour photos of breakfasts, meals, packed lunches, snacks and desserts for 5-11 year olds, with suggested portion sizes and recipes.

A set of printed A5 Eating Well for 5-11 Year Olds: Food Photo Cards is also available. The photo cards are printed versions of the materials provided on the CD-ROM above.

Eating Well for 5-11 Year Olds: Practical Guide (including accompanying CD-ROM)

Eating Well for 5-11 Year Olds: Practical Guide (including accompanying CD-ROM), plus set of printed Eating Well for 5-11 Year Olds: Food Photo Cards

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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The Caroline Walker Trust would also like to thank all those who commented on and piloted this resource.

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The Caroline Walker Trust
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Other publications by The Caroline Walker Trust
For details see cwt.org.uk

Reports
Eating Well for Under-5s in Child Care
Eating Well at School
Eating Well for Looked After Children and Young People
Eating Well: Children and Adults with Learning Disabilities
Eating Well for Older People
Eating Well for Older People with Dementia (Published by VOICES. Now out of print but available to download from the CWT website www.cwt.org.uk)

Training materials
Eating Well for Under-5s in Child Care – Training Materials
Eating Well: Supporting Adults with Learning Disabilities – Training Materials

Photo resources
For more information about our photo resources for different age groups of children and young people, see the website www.cwt-chew.org.uk

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Accompanying this book:

CD-ROM Eating Well for 5-11 Year Olds
  This CD-ROM contains a selection of full-colour photos of breakfasts, meals, packed lunches, snacks and desserts for 5-11 year olds, with suggested portion sizes and recipes. It also contains a PDF of this book.

Also available:

Eating Well for 5-11 Year Olds: Food Photo Cards
  A set of printed A5 food photo cards, with full-colour photos of breakfasts, meals, packed lunches, snacks and desserts for 5-11 year olds, with suggested portion sizes and recipes. These photo cards are printed versions of the materials provided on the CD-ROM above.
Introduction

This resource shows the sorts of foods, and amounts of foods, that will meet the nutritional needs of children aged from 5 years to 11 years in the UK.

Why have we produced this resource?

We want to provide a visual resource to illustrate what a good diet actually looks like for 5-11 year olds. Children need enough energy (calories) to grow and be active, and enough nutrients (protein, fat, carbohydrate, vitamins and minerals) to ensure that they remain healthy, fight infections, can be active and learn effectively. Experts have calculated the amounts of individual nutrients that they think children and young people in different age groups need. These are known as ‘dietary reference values’. This resource gives information on how these dietary reference values for 5-11 year olds can be met in practice and the sorts of foods and amounts we should encourage children to eat.

How can this resource be used?

This resource can be used:

- to help children aged 5 to 11 years to eat well
- to summarise the key principles of eating well for 5-11 year olds
- to show how the needs of 5-11 year olds can be met with a variety of foods and drinks, and
- to show typical portion sizes to aim at for 5-11 year olds for the key foods that we want to encourage them to eat.

Who is it for?

This resource has been designed for all those who support children aged 5-11 to eat well. This includes those responsible for menu planning or preparing food for 5-11 year olds, child carers, social workers, teachers, family centre workers, dietitians, registered public health nutritionists and community food workers, as well as the parents of children.
What does the resource contain?

It contains:

- a summary of the key principles of eating well for children aged 5 to 11 years
- a summary of how you can encourage children to eat well throughout the day
- some sample menus to show how children’s energy and nutrient needs can be met
- photos of typical portion sizes of fruit and vegetables (which we want to encourage children to eat more of)
- photos of some example breakfasts, meals, packed lunches, snacks and desserts, to help show how children’s nutritional needs can be met, and
- recipes of the dishes shown in the photos.

How are the materials organised?

In this book

Eating well for 5-11 year olds, on page 7, provides an outline of the key things to consider when helping 5-11 year olds to eat well.

The Sample meals and snacks for 5-11 year olds, on page 33, have been designed to show how the energy and nutrient needs of children aged 5-11 years can be met. Photos of a range of breakfasts, meals, packed lunches, snacks and desserts for this age group are provided on the accompanying CD-ROM (see the next page). This section gives a list of all those photos and also explains how the meals and snacks and the food photos were put together.

On page 41 there is information on How to use the food photos.

Fruit and vegetables: portion sizes for 5-11 year olds, on page 47, shows photos of suitable portion sizes for 5-11 year olds.

The Additional information section contains:

- Food-based guidance to help people think about the food they serve
- a list of Good sources of vitamins and minerals
- Dietary reference values for 5-11 year olds, and
- a Resources section with sources of further information.
CD-ROM

The CD-ROM *Eating Well for 5-11 Year Olds*, included with this book, contains photos of a variety of breakfasts, meals, packed lunches, snacks and desserts. These have been put together to illustrate how you can help to provide good food for 5-11 year olds. With each photo there is information about portion sizes for this age group, as well as recipes for most of the dishes shown in the photos. The CD-ROM also contains a PDF of this book.

**Also available:**

*Eating Well for 5-11 Year Olds: Food Photo Cards*: A set of printed A5 food photo cards is also available. This includes full-colour photos of breakfasts, meals, packed lunches, snacks and desserts for 5-11 year olds, with suggested portion sizes and recipes. These photo cards are printed versions of the materials provided on the CD-ROM above.

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**For more information on eating well for children and young people**

The Caroline Walker Trust (CWT) has produced a report which provides explanation and evidence for the recommendations we make in this photo resource about eating well for children and young people. *Eating Well at School* provides evidence-based and practical advice about how to encourage children and young people to eat well. This can be downloaded from [www.cwt.org.uk](http://www.cwt.org.uk). We strongly advise everyone to look at this report as well as using the information in this photo resource.

For additional information about eating well for children under the age of 5 years, see the CWT report *Eating Well for Under-5s in Child Care*, or the accompanying training materials or photo resource. Details of all these resources can be found on our website.
Eating well for 5-11 year olds
Principles of eating well

Eating well is fundamental to good health and well-being, but it should also be an enjoyable social experience. For children, eating and drinking well in childhood is essential for proper growth and development, but also for developing a love of good food and the development of social skills. Acquiring healthy eating and drinking patterns in childhood can promote good health and well-being in later life. The focus of eating well for children and young people should always be on the range of interesting and tasty food that can make up a healthy diet, rather than a focus on denying them certain foods and drinks.

Children need a good appetite to eat well

In order for children to eat well they need to be hungry at mealtimes, and the best way to ensure children are hungry is for them to be active. It is important to encourage children to be active throughout the day, with all children doing a minimum of 60 minutes’ moderately strenuous activity a day (the sort of activity that makes your heart rate increase and makes you breathless). Advice on how to increase activity in children can be found at www.nhs.uk/change4life.

Children are growing

Children need energy (calories) to maintain their body functions and to be active – just as adults do. But they also need energy for growth – giving them relatively high energy needs for their size. The diagrams on the next page show the amount of energy needed by an average growing child at different ages, compared with the amount needed by an average adult man or woman. More active children will have greater energy needs, and 9-11 year old girls who are very active (doing 2 hours or more of high-energy activity a day) will need more energy than most adult women typically do.
How much energy (calories) do children need?

The diagrams below show the average daily energy (calorie) needs of girls and boys aged 6-11 years. They also show what those energy needs are as a percentage of the energy needs of an average adult woman or man. For example, an active 11 year old girl needs 108% of the energy needs of an average adult woman.

**Average daily energy (calorie) needs: GIRLS aged 6-11 years**

<table>
<thead>
<tr>
<th></th>
<th>6 YEAR OLD</th>
<th>9 YEAR OLD</th>
<th>11 YEAR OLD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average adult woman</td>
<td>1,940 kcal</td>
<td>1,620 kcal</td>
<td>1,790 kcal</td>
</tr>
<tr>
<td>Moderately active girls</td>
<td>1,870 kcal</td>
<td>1,720 kcal</td>
<td>1,970 kcal</td>
</tr>
</tbody>
</table>

The percentage figures indicate the energy (calorie) needs as a percentage of the energy needs of an average adult woman.

**Average daily energy (calorie) needs: BOYS aged 6-11 years**

<table>
<thead>
<tr>
<th></th>
<th>6 YEAR OLD</th>
<th>9 YEAR OLD</th>
<th>11 YEAR OLD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average adult man</td>
<td>2,550 kcal</td>
<td>1,810 kcal</td>
<td>2,070 kcal</td>
</tr>
<tr>
<td>Moderately active boys</td>
<td>2,070 kcal</td>
<td>1,920 kcal</td>
<td>2,160 kcal</td>
</tr>
</tbody>
</table>

The percentage figures indicate the energy (calorie) needs as a percentage of the energy needs of an average adult man.

* See page 78 for an explanation of how we have estimated energy needs.
So if children need lots of energy (calories) – why are they getting fatter?

There is evidence that many children in the UK are getting too heavy for their age and height, and that this is happening for the same reasons that adults are getting fatter: they are eating and drinking too many calories every day and are not using up enough of these calories being active. If you take in more calories every day than you use up, over time you will lay down the excess energy as fat. It is usually having a little bit too much extra energy over time which, little by little, adds to up to people being overweight. People who gain weight do not necessarily eat huge amounts of food and calories every day: having even a little bit too much every day swings the balance from weight maintenance to weight gain.
Why are children getting fatter?

Look at the different eating patterns for two 5 year old boys, and for two 9 year old girls, shown below and on the next page.

### EXAMPLE 1

**Moderately active 5 year old boys**

**Average daily energy (calorie) needs = 1,715kcal**

<table>
<thead>
<tr>
<th>Jordan, 5</th>
<th>Adam, 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Weet bisk (30g) with milk (150ml)</td>
<td>Frosted cereal (30g) with milk (150ml)</td>
</tr>
<tr>
<td>Wholemeal toast (66g) with butter (5g) and jam (15g)</td>
<td>Apple juice (150ml)</td>
</tr>
<tr>
<td>Orange juice (150ml)</td>
<td>School snack</td>
</tr>
<tr>
<td><strong>School snack</strong></td>
<td><strong>Satsuma (80g)</strong></td>
</tr>
<tr>
<td><strong>School lunch</strong></td>
<td><strong>Packed lunch</strong></td>
</tr>
<tr>
<td>Chicken stir-fry (165g)</td>
<td>Cheese and ham roll (115g)</td>
</tr>
<tr>
<td>Noodles (120g)</td>
<td>Fruit leather snack (20g)</td>
</tr>
<tr>
<td>Rice pudding with sultanas (200g)</td>
<td>Jaffa cakes (40g)</td>
</tr>
<tr>
<td>Water (150ml)</td>
<td>Fruit-flavoured drink (200ml)</td>
</tr>
<tr>
<td><strong>After school</strong></td>
<td><strong>After school</strong></td>
</tr>
<tr>
<td>Plain popcorn (20g) with apple slices (80g)</td>
<td>Chicken nuggets (64g) with chips (100g) and sweetcorn (80g)</td>
</tr>
<tr>
<td>Milk (150ml)</td>
<td>Sponge cake (65g) with custard (60g)</td>
</tr>
<tr>
<td><strong>Tea</strong></td>
<td><strong>Tea</strong></td>
</tr>
<tr>
<td>Salmon fishcakes (120g)</td>
<td>Chicken nuggets (64g) with chips (100g) and sweetcorn (80g)</td>
</tr>
<tr>
<td>Rice and pepper salad (100g)</td>
<td>Sponge cake (65g) with custard (60g)</td>
</tr>
<tr>
<td>Green salad (80g)</td>
<td>Fruit squash (150ml)</td>
</tr>
<tr>
<td>Fruit kebabs (120g) with yoghurt (125g)</td>
<td><strong>Evening</strong></td>
</tr>
<tr>
<td>Water (150ml)</td>
<td>Bag of chocolate buttons (32g)</td>
</tr>
<tr>
<td><strong>Evening</strong></td>
<td>Class of squash (200ml)</td>
</tr>
<tr>
<td>Banana milkshake (200ml)</td>
<td>This is about 200kcal more than is needed for activity and normal body functions.</td>
</tr>
</tbody>
</table>

**Nutrient requirements met (✓) or not met (✗):**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>1,715kcal</th>
<th>Nutrient</th>
<th>1,915kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fibre</td>
<td>✓</td>
<td>__</td>
<td>×</td>
</tr>
<tr>
<td>Protein</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Iron</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Zinc</td>
<td>×</td>
<td>×</td>
<td>×</td>
</tr>
<tr>
<td>Calcium</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>×</td>
<td>×</td>
<td>×</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Folate</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

The foods listed above would also provide appropriate amounts of saturated fat, sugar and salt, and include more than 5 portions of fruit and vegetables.

Energy intake from the food and drinks listed above

1,715kcal

1,915kcal

This is about 200kcal more than is needed for activity and normal body functions.

**Nutrient requirements met (✓) or not met (✗):**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>1,715kcal</th>
<th>Nutrient</th>
<th>1,915kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fibre</td>
<td>×</td>
<td>Only about 65% of requirements met</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Zinc</td>
<td>×</td>
<td>Only about 74% of requirements met</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>×</td>
<td>Only about 85% of requirements met</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>

Also, this type of eating pattern:

- provides too much **saturated fat** (126% of dietary reference value)
- provides too much of the sort of **sugars** that damage teeth (290% of the dietary reference value)
- provides too much **salt** (145% of average recommended amount)
- provides only 3 out of the recommended 5 portions of **fruit and vegetables**.
### Anna, 9

**Breakfast**
- Scrambled egg on toast (115g)
- Grilled tomato (80g)
- Apple juice (150ml)

**School snack**
- Apple (80g)

**School lunch**
- Lasagne (300g)
- Peas (80g)
- Apple crumble (90g)

**After school**
- Breadsticks (21g)
- Soft cheese (40g)
- Carrot sticks (80g)
- Glass of semi-skimmed milk (100ml)

**Tea**
- Jacket potato (240g)
- Baked beans (90g)
- Mixed salad (80g)
- Low-fat fruit yoghurt (125g)
- Glass of water (150ml)

**Evening**
- Satsuma (80g)

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### Joan, 9

**Breakfast**
- Coco pops (30g) with milk (150ml)
- Apple juice (150ml)

**School snack**
- Apple (80g)

**Packed lunch**
- Cheese and pickle sandwiches (125g)
- Jammy dodger biscuits (30g)
- Carton of blackcurrant drink (288ml)

**After school**
- Chocolate bar (30g)
- Glass of apple juice (150ml)

**Tea**
- Spaghetti hoops on toast (265g)
- Chocolate mousse (60g) with biscuits (30g)
- Glass of water (150ml)

**Evening**
- Bag of crisps (25g)
- Can of cola (330ml)

This is about 200kcal more than is needed for activity and normal body functions.

**Nutrient requirements met (✓) or not met (✗):**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Met (✓)</th>
<th>Not Met (✗)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fibre</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>✗</td>
<td>Only about 85% of requirements met</td>
</tr>
<tr>
<td>Zinc</td>
<td>✗</td>
<td>Only about 58% of requirements met</td>
</tr>
<tr>
<td>Calcium</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td>✗</td>
<td>Only about 95% of requirements met</td>
</tr>
</tbody>
</table>

Also, this type of eating pattern:
- provides too much saturated fat (160% of dietary reference value)
- provides too much of the sort of sugars that damage teeth (300% of the dietary reference value)
- provides too much salt (150% of average recommended amount), and
- provides only 2 out of the recommended 5 portions of fruit and vegetables.

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**EXAMPLE 2**

**Moderately active 9 year old girls**

Average daily energy (calorie) needs = 1,790kcal

**Nutrient requirements met (✓) or not met (✗):**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Met (✓)</th>
<th>Not Met (✗)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fibre</td>
<td>✗</td>
<td>Only about 57% of requirements met</td>
</tr>
<tr>
<td>Protein</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>✗</td>
<td>Only about 85% of requirements met</td>
</tr>
<tr>
<td>Zinc</td>
<td>✗</td>
<td>Only about 58% of requirements met</td>
</tr>
<tr>
<td>Calcium</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td>✗</td>
<td>Only about 95% of requirements met</td>
</tr>
</tbody>
</table>

The foods listed above would also provide appropriate amounts of saturated fat, sugar and salt, and include more than 5 portions of fruit and vegetables.
Why soft drinks are frequently linked to having too many calories

If a child has 500ml of soft drink every day – for example, half a large bottle, or a small bottle or two large glasses of squash or fizzy drinks – they are likely to drink this without changing what they eat. This is because, after having a sweet drink, the person does not always feel as if he or she has eaten calories and it might not reduce their appetite for other meals and snacks. In one week, those drinks alone will provide about an extra 1,700kcal – which, for a 6-11 year old, would be enough extra energy (calories) for another whole day a week (see below).

However, although those drinks provide a whole day’s worth of energy, they are unlikely to provide any other nutrients. So, by drinking soft drinks, children are likely to miss out on important nutrients and have too many calories.

We suggest that soft drinks are saved for special occasions and that children become used to quenching their thirst with water. See page 16 for more on drinks.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 large glasses of squash</td>
<td>Half a large bottle of fizzy drink</td>
<td>1 large glass of squash</td>
<td>1 can of fizzy drink</td>
<td>1 small bottle of soft drink</td>
<td>1 large glass of fizzy drink</td>
<td>1 can of fizzy drink</td>
</tr>
<tr>
<td>250kcal</td>
<td>215kcal</td>
<td>250kcal</td>
<td>260kcal</td>
<td>215kcal</td>
<td>250kcal</td>
<td>260kcal</td>
</tr>
</tbody>
</table>

TOTAL FOR THE WEEK = 1,700kcal equivalent to about one day’s energy needs for a 6-11 year old.
Children need to eat regular meals and snacks – and be hungry enough to eat them

It is easier for children to get all the food and nutrients they need in the day if they have a regular pattern of eating – for example, three meals a day with some nutritious snacks in between. The foods that are eaten at mealtimes usually contain a whole range of nutrients. Many of these nutrients may be present only in very small amounts in most foods typically eaten as snacks (such as crisps, biscuits, sweets or ice cream). In addition, many foods given to children as snacks are energy-dense – that is, they offer lots of calories in a small volume of food – so they don’t satisfy the appetite but provide lots of calories without much nutritional back-up.

It is important that children are hungry at mealtimes so that they eat well. Snacks are an opportunity to offer additional nutrients during the day where food at mealtimes may not meet all someone’s energy needs. Some examples of good snacks to offer are given on the next page. For more ideas for snacks, see the sample menus on page 39, and the food photos of snacks on the CD-ROM included with this book.

However, children who are very inactive may not need snacks between meals. If these children do have snacks, they may end up getting extra calories that they don’t need.

Some children may prefer the ‘little and often’ approach to eating. These children may need to have ‘mini-meals’ and snacks which are varied, to ensure their nutrient requirements are met.

It is not a good idea for children to ‘graze’ on food throughout the day as this may blunt their appetite at meals. Also, if sweet foods and drinks are consumed frequently throughout the day, this can damage their teeth. If a child is ravenous before a meal, offer fruit or vegetable snacks, and water to drink, as it may be that the child feels hungry when they are in fact thirsty.
Children who miss breakfast may become hungry and tired in the morning if they have not had their energy needs met at breakfast time, and this may affect their concentration and performance at school or in other tasks. Most breakfast cereals are a good source of energy and fibre and are generally fortified with vitamins and minerals including iron. Breakfast cereals like puffed wheat, crisped rice, cornflakes and malted wheat are good breakfast choices, but avoid brands that are high in sugar and salt. The Check the label guide on the next page shows how to check labels to see if foods are high in sugar or salt. (See also page 68 for more about food labels.)

It is a good idea to offer a glass of 100% fruit juice with breakfast. Fruit juice is a good source of vitamin C, and vitamin C may help the body to absorb iron from cereal foods. For practical examples of nutritious breakfasts for children, see the sample menus on page 39, and the food photos of breakfasts on the CD-ROM included with this book.
Check the label

Use this information to find out if a product is high or low in sugars, fats and salt. Compare these figures with the ‘per 100g’ figures on the food label.

<table>
<thead>
<tr>
<th>All measures per 100g</th>
<th>Low</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugars</td>
<td>5g or less</td>
<td>More than 15g</td>
</tr>
<tr>
<td>Fat</td>
<td>3g or less</td>
<td>More than 20g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1.5g or less</td>
<td>More than 5g</td>
</tr>
<tr>
<td>Salt</td>
<td>0.3g or less</td>
<td>More than 1.5g</td>
</tr>
<tr>
<td>Sodium</td>
<td>0.1g or less</td>
<td>More than 0.6g</td>
</tr>
</tbody>
</table>

Drinks

If children are thirsty, the best drink to offer is tap water. Tap water can be chilled in the fridge if cold drinks are enjoyed and it is a good idea to fill child-friendly containers with water every day so that a drink is always available. Tap water is the most sustainable and the cheapest drink option for all and there is nothing mean about giving children water to drink.

100% fruit juice can be a good source of vitamin C, but it is also high in sugar, so it should be served with meals rather than with snacks.

Semi-skimmed milk can be served with snacks or between meals as this will not damage teeth. However, milk is a food as well as a drink, and 5-11 year olds will get all the calcium they need from 2-3 cups of milk a day (about 400-450ml of milk) as they will also get some calcium from other foods and drinks they have each day. If a child has lots of milk between meals, this can blunt their appetite and mean that they don’t get enough other nutrients at meals. Some older children may prefer skimmed milk to drink or on cereals and, providing they are eating a variety of food as well, skimmed milk is acceptable for children over 5 years of age.

Other drinks – such as squash, carbonated drinks, fizzy drinks, regardless of whether they contain sugar or artificial sweeteners – can damage teeth and, if served, should only be served with meals. It is a good idea to limit the intakes of these drinks as children can become accustomed to very sweet tastes and it is easy to drink a lot of some of these soft drinks without realising that they add lots of extra calories – but no other nutrients – to the diet. See page 13.
Variety is the spice of life

Eating a wide variety of foods will help to ensure that children consume adequate amounts of all nutrients. The Food Standards Agency has devised the *Eatwell plate* to make it easier to understand healthy eating. Foods are divided into five food groups:

- Bread, rice, potatoes, pasta and other starchy foods
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Foods and drinks high in fat and/or sugar.

The plate is a visual aid which encourages you to choose a wide variety of different foods from the first four groups every day. Foods in the fifth group – foods and drinks high in fat and/or sugar – are not essential to a healthy diet and should be eaten in small amounts.
Eat more vegetables

Almost everyone would benefit from eating more vegetables every day. There is excellent evidence that eating more vegetables is associated with better health throughout people’s lives.

From the age of 5 years, children should aim to have at least three different types of vegetable or salads every day at portions of 80g or more. A wide variety of fresh, dried, canned and frozen vegetables can be included in the diet. Examples of vegetable portion sizes are shown on pages 57-66.

Children may not be used to eating lots of vegetables – but there is lots of evidence that they like and enjoy these foods when they get used to having them. It helps if:

- vegetables are offered frequently and are cooked in a way that is enjoyed and makes them look appealing, and
- adults who eat with or around children are seen to enjoy a variety of vegetables and salads themselves.

Children who say they don’t like vegetables may be more willing to try:

- sweetcorn or baby corncobs
- raw carrot sticks, slices of red and yellow peppers, or cherry tomatoes
- tomato sauce on pasta
- ‘bubble and squeak’ (green cabbage and mashed potato mixed together)
- stir-fry vegetables
- vegetable soup
- vegetable curry
- grated carrot in salads.

Eat more fruit

All children should have at least two different types of fruit a day. One of these can be a glass of 100% fruit juice and the other can be a piece of fresh fruit or a small portion of dried fruit. Examples of fruit portions are shown on pages 49-56.

For more information on eating more fruit and vegetables, visit www.5aday.nhs.uk

Children who say they don’t like fruit may be more willing to try:

- canned or fresh pineapple, peaches or fruit salad
- fruit smoothies (fruit liquidised together with other fruit, natural low-fat yoghurt or fruit juice), or fresh fruit milkshakes made with skimmed milk and fruit
- raisins or other dried fruit such as dates, apricots, pear or mango
- banana with ice cream or custard
- fresh fruit jellies or home-made lollies
- fruit kebabs
- frozen bananas.

Children should have at least 5 portions of a variety of fruit and vegetables every day.
**Eating more locally grown fruits and vegetables**

We are able to grow a wide range of fruits and vegetables in the UK and it is better for the environment, and the economy, if we all try and eat foods that do not have to travel long distances. Also, it is better for the environment if fruits and vegetables are grown without the need for artificial heat, or for lots of added chemicals. Think about whether you can join a local box scheme which sources organic fruit and vegetables. These are often no more expensive than buying fruit and vegetables in supermarkets and will help to support your local community. Organic fruits and vegetables do not contain more nutrients than conventionally grown ones, but farmers who grow food organically make an important contribution to protecting wildlife and keeping the land and soil healthy.

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**Eat more potatoes**

Potatoes are an excellent source of nutrients and fibre, as well being a starchy, ‘energy-giving’ food. Potatoes grow well in the UK and can often be sourced locally. Potatoes are really versatile as an ingredient, are very good value for money and are easy to cook. Jacket potatoes with fillings such as mashed tuna fish or baked beans or low-fat soft cheese, and served with a salad or hot vegetable, can be a very quick, easy and nutritious meal for children.

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**Ideas for fillings for baked potato**

<table>
<thead>
<tr>
<th>Bacon and sweetcorn</th>
<th>Houmous and low-fat soft cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bacon, cherry tomatoes and parsley</td>
<td>Low-fat soft cheese</td>
</tr>
<tr>
<td>Baked beans</td>
<td>Mashed tuna</td>
</tr>
<tr>
<td>Baked beans with a few drops of chilli sauce</td>
<td>Mashed tuna, grated carrot and chopped cherry tomatoes</td>
</tr>
<tr>
<td>Cheddar cheese and chopped sunblushed tomatoes</td>
<td>Mozzarella, chopped tomato and basil</td>
</tr>
<tr>
<td>Chicken and broccoli</td>
<td>Plain yoghurt mixed with coriander, chopped cucumber and spring onion</td>
</tr>
<tr>
<td>Chilli con carne</td>
<td>Roasted peppers</td>
</tr>
<tr>
<td>Cottage cheese with chopped pineapple</td>
<td>Scrambled egg with chopped tomatoes and red pepper</td>
</tr>
<tr>
<td>Cottage cheese with onion and chives</td>
<td>Tomato salsa</td>
</tr>
<tr>
<td>Grated cheese and tomato</td>
<td>Tuna and sweetcorn mayonnaise</td>
</tr>
<tr>
<td>Ham and chopped pineapple</td>
<td></td>
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</tbody>
</table>
Salt

Salt (sodium chloride) is essential in the diet to maintain fluid balance. Having too much salt in the diet can raise blood pressure which can contribute to stroke and coronary heart disease in later life.

**Foods that have a lot of salt**

Most of the salt we eat is in ready-made foods. The list below gives some examples of ready-made foods that have a lot of salt.

- Soups
- Bottled pasta sauces and other cooking sauces
- Sauces, spreads, pickles, chutneys and soy sauce
- Mayonnaise and salad cream
- Savoury ready meals
- Savoury snacks such as crisps, salted nuts, papadums and savoury biscuits
- Bread, rolls, garlic bread and flavoured breads
- Some breakfast cereals
- Meat pies and pasties, and canned meat products
- Some sweet foods such as buns, pastries and hot chocolate powder
- Smoked foods and smoked meats such as ham and bacon
- Fast food or take-aways such as pizza, burgers and Chinese and Indian take-away meals.

Current nutritional guidelines suggest that:

- children aged 4-6 years should have no more than 3g salt a day
- children aged 7-10 years should have no more than 5g salt a day
- children aged 11 years and over should have no more than 6g salt a day.

It is easier to reduce the amount of salt that children have if food is prepared from ingredients rather than buying ready-prepared foods. The menu plans on page 39 and the food photos on the CD-ROM included with this book give ideas for meals and snacks that provide lots of nutrients without lots of salt. For information on how to check if a packaged food is low in salt, see *Check the label* on page 16. There is also lots of advice on reducing salt in the diet on [www.salt.gov.uk](http://www.salt.gov.uk).
How to add flavour to your cooking without using salt

- Cut down on the salt you add when cooking potatoes, pasta and rice. After a while you’ll find you don’t need to add any at all.
- Add fresh herbs to pasta dishes, vegetables and meat.
- Use tomato purée or balsamic vinegar as flavourings.
- Marinade meat and fish in advance to give them more flavour.
- Use garlic, ginger, chilli and lime in stir-fries.
- Make your own stock and gravy, instead of using cubes or granules. Or use low-salt bouillon.
- Roast vegetables such as red peppers, courgettes, fennel, squash and parsnips, to bring out their flavour.
- Squeeze lemon or lime juice onto fish and into casseroles and stews.
- Try using different types of onion – brown, red, white, spring onions or shallots.
- Make sauces using ripe, flavoursome tomatoes and garlic.
- Use black pepper instead of salt, to season foods like pasta or scrambled egg.
- Buy good-quality fresh ingredients as they will have more natural flavour.
- Add fruit to meat dishes to give a naturally sweet flavour – for example, pork and apricots.
- When making cheese dishes, use a small amount of strong cheese rather than a larger amount of milder cheese. Add a little mustard powder to bring out the cheese flavour.
Sugar is not just the white crystals we put in tea and coffee. There are two types of sugar.

- One type of sugar is found naturally in some foods such as vegetables, fruit and milk. This type of sugar is not harmful to our teeth.
- The other type of sugar is the sugar that is taken out of sugar beet or sugar cane, or out of fruit, and then put back, as sugar, into other foods and drinks. This type of sugar damages teeth. Also, many of the foods and drinks with this type of sugar tend to have lots of calories (which can contribute to overweight), but they have few other nutrients.

We don’t need to add sugar to our food, or have sugary foods or drinks, as most of us can get all the energy (calories) we need from starchy foods such as potatoes, rice, beans or pasta. Our bodies break these foods down into glucose, which the body then uses to give us a steady supply of energy.

If someone’s diet has a lot of sugar in it, they are more likely to become overweight or to have tooth decay. Most children in the UK eat too much sugar. It can be hard to avoid having lots of sugar as it is put into many common foods. See the box below.

<table>
<thead>
<tr>
<th>Foods and drinks that have a lot of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FOODS</strong></td>
</tr>
<tr>
<td>Biscuits</td>
</tr>
<tr>
<td>Cereal bars and flapjacks</td>
</tr>
<tr>
<td>Cakes</td>
</tr>
<tr>
<td>Pastries</td>
</tr>
<tr>
<td>Fruit pies and pie fillings</td>
</tr>
<tr>
<td>Puddings such as sponge puddings, cheesecake, mousse or tarts</td>
</tr>
<tr>
<td>Sweetened breakfast cereals</td>
</tr>
<tr>
<td>Sweetened yoghurts and fromage frais</td>
</tr>
<tr>
<td>Ice cream</td>
</tr>
<tr>
<td>Sweets</td>
</tr>
</tbody>
</table>
How to cut down on sugar

Some foods have traffic-light labels like the one on the left, below. Avoid any foods and drinks which have a red traffic light for sugar.

![Traffic light label](image)

Some foods and drinks have a food label something like the one on the right, above, which tells you what percentage of a person’s daily recommended maximum sugar intake that a portion of the food or drink contains. If a product has this sort of label, think about how much of it you might eat or drink. Avoid anything that will give you more than 10% of the recommended maximum intake of sugar in one food. For example:

- If a carton of drink says it contains 29% of your daily sugar intake, that is a lot.

- If a bar of chocolate says that 1 square will give you 5% of your daily sugar intake, and you think you might eat three of the 20 squares in the bar, that would be 15% of your daily sugar and that is a lot.

If the food doesn’t have either of these two sorts of labels, you can usually find information about how much sugar there is, either in a portion or in 100g of the food, by looking at the Nutrition information on the pack. (See Check the label on page 16.) But it’s not always easy to tell whether the sugar in the food is the type that can damage teeth. As a general rule, if a food says it has 15g of sugar or more per 100g, it is probably high in sugars that can damage teeth.
Have fewer sugary drinks and foods. Try to have them only at mealtimes.

Try unsweetened fruit juice mixed with fizzy water at mealtimes.

If children have sugar in tea or coffee, try to cut down on how much they have, until they don’t have any at all.

Instead of biscuits and cakes, try currant buns, scones, malt loaf or fruit bread.

Add dried fruit or fruit purée to dishes to sweeten them, instead of adding sugar.

Choose wholegrain breakfast cereals instead of cereals that are coated in honey or sugar.

Add your own flavouring – such as chopped-up fruit, or a little honey – to natural yoghurt, instead of buying flavoured yoghurt which is often very sweet.

Where you can, make your own food. Processed foods such as dried soups, sauces, dried rice dishes, ready meals, ready-made desserts and packaged cakes and biscuits often have much more sugar in them than you would use in a recipe yourself. And many of these dishes are simple and cheap to prepare.
Looking after our bones

Children need to make sure they build strong bones when they are young so that they will have strong bones in later life. There are two nutrients that are very important for healthy bones: vitamin D and calcium.

Vitamin D

Most people over the age of 5 years make vitamin D in their skin when it is exposed to summer sunlight. (The UV rays are strong enough to do this in most parts of the UK between April and September.) Although children who regularly go outside with some of their skin exposed should be able to make enough vitamin D for a whole year, some children may be at risk of vitamin D insufficiency:

- Children with darker skins will need more exposure to summer sunlight, as black skin makes vitamin D more slowly than white skin.
- If children wear concealing clothing when they are outside – for example, if they never have their shoulders or arms exposed to the sun – they may not be able to make enough vitamin D.
- Children who rarely go outside may not make enough vitamin D. They may not go outside because they are unable to do so because of a disability, because they are in a residential setting or because they choose to stay inside (for example, playing computer games for long periods).
- Children who do not eat meat and fish may have less dietary vitamin D. Although dietary vitamin D alone does not prevent vitamin D insufficiency, it can provide a useful additional source.

If there is any concern about a child’s ability to make enough vitamin D, their parent or carer should talk to their GP as the child may need a dietary supplement. Anyone who has little access to sunlight (for example, because they have a disability) should always be considered for a vitamin D supplement. There is some vitamin D in a few foods, but it is unlikely that most people can get enough vitamin D from their diet alone.

Calcium

It is also important to get adequate amounts of calcium from the diet. Calcium is important for growing bones. It has been shown that milk drinking may be beneficial in helping prevent bone problems in older age. Milk, cheese, yoghurt and fromage frais are the best sources of calcium, but other foods also contain some calcium. (See Good sources of vitamins and minerals on page 74.)

* Current Sun Smart guidance suggests that people should spend some time in the shade between 11am and 3pm when the sun is at its strongest and everyone should take care not to burn their skin. People with fairer skin are likely to need greater protection from the sun than people with darker skin, but all skin types can burn.
To make sure bones are strong

- Activity is key – weight-bearing exercise (such as running, football or netball) every day helps develop strong bones.
- Make sure everyone spends plenty of time outside in the summer months with some of their skin exposed (for example, their hands, face and shoulders).
- Make sure children get adequate amounts of calcium.
- Children who drink large amounts of fizzy drinks, particularly cola drinks, may also be more prone to bone problems, since the phosphorus in these drinks makes it harder for the body to absorb calcium.

Iron and zinc

There is considerable evidence that not getting enough iron in the diet has serious health consequences. Iron is needed for healthy blood, but low levels of iron are also associated with poor appetite, increased risk of infection and lower levels of activity and attainment.

Zinc is important for all sorts of body functions and is also known to play an important role in the immune system (protecting us from illness and infection), and in growth and development of children. Studies have shown that many children have too little zinc in the diet.

Good sources of iron and zinc include meat, fish such as tuna, sardines and pilchards, wholegrain cereals, peas, beans and lentils and eggs. For information on other foods which are good sources of iron and zinc, see pages 75-76.

Vegetarian diets

A vegetarian diet can provide all the nutrients needed for good health. However, it is important not to assume that all vegetarian diets are healthy, as some people may remove meat from their diet without consuming suitable alternatives. Also, it is harder to consume sufficient iron and zinc if a good variety of foods is not eaten.

The body absorbs iron more easily from animal sources – such as meat – than from non-animal sources such as cereals or vegetables. This means that vegetarians have to take extra care to make sure that they get enough iron. For foods that are good sources of iron, see page 75.
Zinc intakes may also be lower among vegetarians. Eating a good variety of foods ensures that vegetarians have adequate zinc intakes. Sources of zinc include fortified breakfast cereals, tofu, nuts, peas, beans and lentils, sesame seeds and milk and cheese.

There is a wide range of vegetarian alternatives to meat foods available these days (vegetarian sausages, burgers, pies, cold ‘meats’ etc.) and these can sometimes be useful as part of a varied diet. However, don’t rely on these foods as many are high in salt and may be high in fat, and it is important to use as many real foods as possible in a healthy diet rather than relying on processed alternatives.

Advice on vegetarian diets can be obtained from the Vegetarian Society (see page 79).

**Vegan diets**

Vegans generally adopt a diet free of all animal products and will not eat milk, cheese, yoghurt or eggs as well as avoiding meat and fish. It is possible to eat well as a vegan, but care has to be taken and people should always seek advice on how to ensure that they get all the nutrients they need. Vegans need to ensure that they include sources of vitamin B₁₂ and riboflavin (see page 74) in their diet. Advice on vegan diets can be obtained from the Vegan Society (see page 79).

**School meals**

Most of the UK has statutory standards for school food, which means that schools and school caterers aim to provide meals which meet the nutritional needs of growing children. Supporting your school by having school meals is important, as this will ensure that the service can provide the best meals possible to all, and encourages children to eat together and enjoy the important social aspects of mealtimes. It is very difficult to offer a good nutritious packed lunch every day that is as varied and cost-effective as a school lunch. For more information about school meals in England see www.schoolfoodtrust.org.uk.
Packed lunches

Children may take a packed lunch when they go to school or to another facility, or go on an outing. It is important that a packed lunch provides the same variety of foods and nutrients as the meal it might be replacing. A packed lunch should contain:

- A starchy food. For example, any sort of bread, pitta bread, chapatti, crispbreads, rice cakes, or wraps. Choose lower-salt breads where available.
- A meat, fish or alternative. Alternatives include, for example, egg, cheese, peanut butter, or houmous.
- One portion of vegetables. For example, raw vegetables or salad.
- One portion of fresh or dried fruit or fresh fruit juice.
- A drink. Water, milk or fresh fruit juice are good choices.

Additional snacks such as plain popcorn, breadsticks, unsalted nuts, pumpkin or sunflower seeds, rice crackers or pretzels could be added occasionally and a yoghurt or fromage frais provides a good source of calcium. For people who have higher energy needs, some more energy-dense foods may also be appropriate. See page 15 for more ideas for snack foods.

Eating out and take-aways

Eating out in restaurants and snack bars and eating take-away foods at home have become common practices for many families. However, it is important to remember that the portion sizes of foods at most outlets are designed for adults and not for children, and it is easy for children to eat too many calories – and not enough other nutrients – when they are presented with large amounts of easy-to-eat, energy-dense foods. If you are eating in a restaurant that offers a variety of meals, avoid the children’s menu which often offers only processed foods such as battered or breadcrumb products and chips. Most caterers are happy to offer smaller portions of their dishes for children and it can be a good opportunity for children to try new foods.

Enjoying a wide variety of food, eating with others and taking part in special occasions are important for children, but if they eat out or eat take-aways regularly, consider some of the tips on the next page.
### Eating out and take-away tips

#### Indian meals
*Good choices:* Tandoori chicken or other meat or fish (which is cooked in an oven), chicken or other meat or fish tikka (on a skewer without sauce), dry curries, vegetable curries, dahl, channa dahl, plain boiled rice, chapatti or roti breads.

*High-fat foods to avoid:* Papadums and other fried foods such as samosas and onion bhajias, creamy or coconut-based sauces (such as korma sauces), fried rices (such as pilau rice), and breads which have a lot of fat added (such as stuffed naan breads).

#### Chinese meals
*Good choices:* Stir-fries, chicken, vegetable or prawn chop suey, steamed fish, vegetable dishes, boiled noodles, dishes with steamed tofu.

*High-fat foods to avoid:* Avoid batter (for example, sweet and sour chicken, battered bananas or apple fritters), spring rolls and prawn crackers. Avoid fried rice dishes and fried noodles.

#### Pizza
Choose thin-crust pizzas, and pizzas without cheese in the crust. Avoid garlic bread. Avoid having extra cheese, pepperoni or salami. Add more vegetable or fish toppings instead. Encourage eating a salad with the pizza.

#### Fish and chip shops
Fish is a good choice but batter is high in fat and eating less or no batter could be encouraged. Choose small portions of chips. Mushy peas or baked beans are a good accompaniment. Avoid pies or battered sausage-type products.

#### Burger bars
Go for standard rather than ‘super-size’ options. Choose a plain burger in a bun with a salad. Avoid extra cheese or mayonnaise, thick milkshakes, chicken nuggets or other battered dishes such as onion rings. Avoid French fries.

#### Sandwiches
Look for sandwiches that don’t contain mayonnaise. You can usually check the nutritional content of sandwiches on the label, so choose those lower in fat and salt.

#### Salads
Some ready-prepared salad bowls have a lot of mayonnaise and may be designed for two people. Check the labels for lower-fat single portions.
Are there any foods to avoid?

Avoid foods and drinks which are coloured with the artificial colours E102, E104, E110, E122, E124, E129, or which contain the additive sodium benzoate (E211). These additives have been linked to increased hyperactivity among some children. To find out if a food or drink contains any of these additives, check the *Ingredients* list on the packet or label.

For more information on how to avoid these additives, go to [www.actiononadditives.com](http://www.actiononadditives.com)

How can I encourage children to eat well?

- Meal and snack times offer an opportunity to extend children’s social and language skills. Children can learn from others about table manners, and can practise their speaking and listening skills. To encourage this, distractions such as television are best avoided during meal times.
- Act as a good role model in the foods and drinks you choose for yourself.
- Allow children to serve themselves during meals, as this may encourage them to try different kinds of foods. Finger foods of all kinds, particularly fruit and vegetables, will encourage children to try new foods. Child-sized utensils, crockery, tables and chairs may also make it easier for children to serve themselves and learn to eat independently.
- Learning how to choose and enjoy many different nutritious foods in childhood can provide the foundation for a lifetime of wise food choices. Encourage an interest in food and where it comes from, and involve children in growing, picking and preparing food as well as laying and clearing tables and serving others.
- Encourage children to become involved in choosing meals and cooking food. Family meal times can be important for children as a way of encouraging them to eat a variety of foods and to encourage good table manners and social skills.
What about fussy eaters?

- Children should be allowed to make their own food choices. If a child refuses a food or meal, gently encourage them to eat, but children should never be forced to eat. Children often eat well in a calm atmosphere where others are enjoying their food.

- To minimise food refusal, it is important to ensure that a variety of foods are offered without judgement. Listen to what children request when it comes to serving their food. Some children don’t like different parts of the meal touching each other, some prefer to have food that they can see clearly (for example, not covered in sauce or gravy), and some may prefer certain food items on separate plates and bowls.

- Remember that children’s tastes change. Use the phrase “It’s alright if you don’t like it today” when a food is refused, rather than assuming that they will never choose or like that food in the future. Foods offered regularly often become liked foods and it is important to serve a variety of foods even if they are not eaten, so that children get used to seeing them on their plate.

- Older children may also become quite picky about what they eat and may choose foods which they know will taste familiar or have flavours they recognise. Accept that everyone will have changing tastes as they get older, encourage a variety of foods where possible, and show in your own behaviour that a wide range of foods can be enjoyed.
Sample meals and snacks for 5-11 year olds
This section contains examples of meals and snacks which give an idea of the types of foods, and amounts of foods, that meet the nutritional needs of 5-11 year olds.

The examples include a range of:
- breakfasts
- meals
- packed lunches
- snacks, and
- desserts.

A complete list of these meals and snacks is given on pages 35-38.

Photos of all these meals and snacks are on the CD-ROM included with this book. For each photo we give:
- an overall average portion size for 5-11 year olds (which corresponds to the needs of a typical 8 year old), and
- a recipe for the meal or snack.

We have calculated the amounts of energy and nutrients required by typical children aged 5-11 years, dividing up the energy across the day as follows:

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<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST</td>
<td>20%</td>
</tr>
<tr>
<td>2 x SNACKS</td>
<td>10% + 10% = 20%</td>
</tr>
<tr>
<td>2 x MEALS</td>
<td>20% + 20% = 40%</td>
</tr>
<tr>
<td>2 x DESSERTS</td>
<td>10% + 10% = 20%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100%</td>
</tr>
</tbody>
</table>

We have also included some packed lunches which are suitable for children to take to school if they do not have a school lunch. These packed lunches are equivalent to a meal and a dessert (30% of daily energy).

If children choose a selection of meals and snacks from the examples we suggest, it is highly likely that their nutritional needs will be met. Some example daily eating plans are shown on page 39.

Some children may have a hot meal at lunchtime, some may have a hot meal later in the day – and it will depend on how each child, household, childcare setting or school works as to the best arrangement of meals and snacks throughout the day.
The meals and snacks in the photos are only examples, and there are obviously lots of other foods, meals and recipes which can be included as part of a good diet. However, we hope that these provide lots of ideas and help people to know what sort of portion sizes are appropriate.

List of food photos – 5-11 year olds

Breakfasts

Cereals
Cornflakes and raisins with milk, and sliced banana
Crisped rice with milk, and malt loaf
Muesli and milk, with apricots and Greek yoghurt
Porridge with jam, and a fruit bun
Puffed wheat and dried apricots with milk, and apple slices
Shredded wheat with milk, and toasted fruit bread
Weet bisk and raisins with milk, and toast and jam

Hot breakfasts
Baked beans and toast
Eggy bread with grilled tomato
Omelette with mushrooms and toast
Sausage and tomato with toast
Scrambled egg on toast with tomatoes

Breakfast sandwiches
Cream cheese bagel with sliced apple
Mashed egg sandwich with a clementine
Peanut butter and mashed banana sandwich
Main meals

Meat dishes
African beef stew with cassava and plantain
Chilli con carne, jacket potato and green beans
Ham and cheese sandwich with cucumber sticks and cherry tomatoes
Jamaican lamb curry with brown rice and courgettes
Lamb kheema with rice and courgettes
Meatballs in tomato sauce with herb mash and broccoli
Pork sausages with baked beans and mashed potato
Rainbow ham salad with cucumber and lettuce
Roast beef with gravy, roast potatoes and mixed vegetables
Spaghetti Bolognese with cucumber sticks and tomato
Sweet and sour pork with noodles

Chicken and turkey dishes
Caribbean chicken stew with dumplings and callaloo
Chicken and vegetable stir-fry with boiled noodles
Chicken pasta salad with carrot and celery sticks and lettuce
Chicken pie with peas
Chicken tikka masala, rice and mixed salad
Tortilla wrap with chicken and sweetcorn salsa, and pepper sticks
Turkey skewers with pitta bread and mixed salad

Fish dishes
Baked potato with tuna and sweetcorn filling and salad
Coconut fish curry, chapatti and baby sweetcorn
Fish pie with broccoli and peas
Home-made tuna pizza with potato salad and cucumber and pepper sticks
Kedgeree with grilled tomatoes
Salmon fish fingers with chunky chips, tomato salsa and salad
Salmon fishcakes, rice and pepper salad and a green salad
Sardines with toast, and pepper and cucumber sticks
Tuna and tomato pasta with cucumber and pepper sticks
Tuna couscous with cucumber and pepper sticks
Vegetarian dishes

Baguette with houmous, carrot and cucumber sticks and dried apricots
Bean burger with potato salad and mixed salad
Broccoli and cauliflower pasta bake, garlic bread and mixed salad
Broccoli quiche with three bean salad and rice and pepper salad
Chick pea and vegetable curry with rice, and tomato salad
Courgette and pasta bake with carrots and garlic bread
Creole jambalaya with pitta bread and mixed salad
Jacket potato with cheesy beans, cucumber and pepper sticks
Mozzarella and cucumber roll with carrot, cherry tomatoes and plum
Roasted vegetable couscous with bean and celery salad and coleslaw
Soft cheese with pitta bread fingers, celery and red pepper sticks, and peach
Sweet and sour vegetables with egg-fried rice
Vegetable risotto, with tomato and basil salad and crusty bread
Vegetable soup with a brown roll, cheese chunks and blueberries
Vegetarian sausages with leek and potato bake

Packed lunches

Meat and chicken

Beef wrap with potato salad, cherry tomatoes and grapes
Chicken and sweetcorn sandwich with pepper sticks and pineapple chunks
Chicken salad with pitta bread, sweetcorn, apple, yoghurt and honey
Rice and chicken salad, cherry tomatoes, celery sticks, currant bun and a carton of orange juice

Fish

Salmon couscous with cherry tomatoes, malt loaf and a carton of orange juice
Tuna and sweetcorn pasta with carrot and cucumber sticks, fruit yoghurt and a carton of orange juice

Vegetarian

Cream cheese bagel with boiled egg, cucumber and celery sticks, malt loaf and a pear
Egg and cress roll with cucumber sticks, cherry tomatoes, natural yoghurt and blueberries
Falafel and houmous pitta with carrot sticks, grapes, fruit yoghurt and a carton of orange juice
Leek and potato soup with a wholemeal roll, cheese chunks, carrot and pepper sticks and a banana
Mozzarella and tomato ciabatta with celery sticks and dried fruit and nuts
Snacks

Fruit snacks
Breadsticks with orange wedges and grapes
Currant bun with apple slices
Fruit platter with mango, banana and melon
Fruit scone and jam, with melon chunks
Malt loaf with a satsuma
Natural yoghurt with peach slices
Oatcakes with mozzarella cheese, celery sticks and apple slices
Popcorn with apple slices
Toasted fruit bread with orange wedges
Wholemeal toast with honey and apple slices

Savoury snacks
Breadsticks and pepper sticks with cottage cheese
Breadsticks, red pepper and cucumber sticks with sour cream and chive dip
Curried rice salad with green pepper sticks
Mashed avocado on melba toast with cherry tomatoes and red pepper sticks
Oatcakes and celery sticks with houmous
Pitta bread and houmous with pepper and cucumber sticks
Spicy potato wedges with tomato salsa
Tabbouleh with yellow pepper sticks
Toasted crumpet with soft cheese and celery sticks
Wholemeal toast fingers with smoked mackerel pâté and cucumber sticks

Desserts
Apple and cinnamon crumble with custard
Carrot cake
Fruit jelly
Mango sorbet
Pineapple upside-down pudding with Greek yoghurt
Rice pudding with mandarin oranges
Summer pudding with Greek yoghurt
Sweet pancakes with strawberries and Greek yoghurt
Tropical fruit kebabs
Vanilla ice cream with raspberries

Note: All fruit and vegetables to be eaten uncooked need to be washed thoroughly.
Example 1

Breakfast
Cornflakes (30g) with milk (150ml) and raisins (20g)
Banana (80g)
Orange juice (150ml)

Mid-morning
Orange (80g)
Carton of milk (200ml)

School lunch
Spaghetti (120g) and Bolognese sauce (180g)
Cucumber (40g) and tomato (40g)
Fruit yoghurt (150g)
Water (150ml)

After school
Toasted crumpet (40g) with soft cheese (20g)
Celery (80g)
Glass of milk (150ml)

Tea
Fish pie (220g)
Broccoli (80g) and peas (40g)
Fruit jelly (125g)

Example 2

Breakfast
Baked beans (90g) on wholemeal toast (35g)
Orange juice (150ml)

Mid-morning
Grapes (80g)
Carton of milk (200ml)

School lunch
Tuna and sweetcorn pasta (160g)
Raw carrot (40g) and cucumber (40g)
Fruit yoghurt (125g)
Orange juice carton (200ml)

Tea
Broccoli and cauliflower pasta bake (240g)
Mixed salad (80g)
Garlic bread (40g)
Sweet pancakes (40g) with strawberries (80g) and Greek yoghurt (30g)

Evening
Malt loaf (40g)
Satsuma (80g)
Glass of milk (150ml)

Example 3

Breakfast
Peanut butter and banana sandwich (135g)
Orange juice (150ml)

Mid-morning
Pear (80g)
Carton of milk (200ml)

School lunch
Jacket potato (170g) with Cheddar cheese (40g) and baked beans (90g)
Green salad (80g)
Apple and cinnamon crumble (90g) and custard (80g)

After school
Popcorn (15g)
Apple (80g)
Milk (150ml)

Tea
Sweet and sour vegetables (200g)
Egg-fried rice (190g)
Vanilla ice cream (60g) with raspberries (80g)
How to use the food photos
This resource contains photos of a range of meals and snacks for 5-11 year olds, as listed on page 35. The photos are on the CD-ROM included with this book.

The aim of the photos is:

- to show typical portion sizes to aim at for 5-11 year olds, and
- to show what the foods look like.

The photos may be useful:

- for those responsible for menu planning or preparing food for 5-11 year olds
- for supporting those who may want to know more about eating well for 5-11 year olds
- to show to children so that they can become familiar with different foods, and to help them choose things they would like to try.

On the back of each photo we give:

- the name of the food and the portion size appropriate for 5-11 year olds (based on portion sizes for an average 8 year old), and
- recipes for most of the items shown.
Plate sizes

The actual dimensions of the plates and dishes used in the food photos are shown below and on the next pages. If you wish to use sample plates for training purposes, you can print these photos from the PDF called 5-11 Years Plates.pdf that is on the accompanying CD-ROM. Laminate the pages and cut out the plate shapes.
Large plate 25cms
Cereal bowl 19cms
Fruit and vegetables: portion sizes for 5-11 year olds
Children should have at least 5 portions of a variety of fruit and vegetables each day. Three of these should be vegetables and two fruit.

1 portion of fruit or vegetables can be:

- A serving of fruit or vegetables – fresh, frozen or canned. A serving means about 80g or more. That’s about 3 heaped tablespoons.
- 1 medium-sized fruit – for example, an apple
- 1 glass (150ml) of 100% fruit juice, or
- 1 heaped tablespoonful of dried fruit.

Only one of the 5 daily portions should be a fruit juice, as it is important to have ‘whole’ fruits and vegetables which contain fibre and other important nutrients.

Photos showing what 1 portion of different types of fruits and vegetables looks like are shown on pages 49-66 of this book.

<table>
<thead>
<tr>
<th>Fruit portions</th>
<th>Vegetable portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple quarters (100g)</td>
<td>Baby sweetcorn (80g)</td>
</tr>
<tr>
<td>Apple slices (100g)</td>
<td>Baked beans (80g)</td>
</tr>
<tr>
<td>Banana (100g)</td>
<td>Broad beans (80g)</td>
</tr>
<tr>
<td>Banana slices (100g)</td>
<td>Broccoli (80g)</td>
</tr>
<tr>
<td>Black grapes (80g)</td>
<td>Brussels sprouts (80g)</td>
</tr>
<tr>
<td>Blueberries (80g)</td>
<td>Cabbage (80g)</td>
</tr>
<tr>
<td>Dried apricots (40g)</td>
<td>Carrots – sliced (80g)</td>
</tr>
<tr>
<td>Dried prunes (40g)</td>
<td>Carrot sticks (80g)</td>
</tr>
<tr>
<td>Kiwi (80g)</td>
<td>Cauliflower (80g)</td>
</tr>
<tr>
<td>Mandarin orange segments (80g)</td>
<td>Cherry tomatoes (80g)</td>
</tr>
<tr>
<td>Mandarin orange segments with juice (130g)</td>
<td>Courgette (80g)</td>
</tr>
<tr>
<td>Mango (100g)</td>
<td>Cucumber (80g)</td>
</tr>
<tr>
<td>Melon (100g)</td>
<td>Green beans (80g)</td>
</tr>
<tr>
<td>Orange segments (100g)</td>
<td>Grilled tomato (80g)</td>
</tr>
<tr>
<td>Peach (80g)</td>
<td>Kale (80g)</td>
</tr>
<tr>
<td>Pear quarters (100g)</td>
<td>Leeks (80g)</td>
</tr>
<tr>
<td>Pear slices (100g)</td>
<td>Lettuce (80g)</td>
</tr>
<tr>
<td>Plum (80g)</td>
<td>Mange tout (80g)</td>
</tr>
<tr>
<td>Raisins (40g)</td>
<td>Mixed beans (80g)</td>
</tr>
<tr>
<td>Raspberries (80g)</td>
<td>Mixed salad (80g)</td>
</tr>
<tr>
<td>Satsuma (90g)</td>
<td>Mixed vegetables – frozen (80g)</td>
</tr>
<tr>
<td>Stewed fruit (100g)</td>
<td>Parsnip (80g)</td>
</tr>
<tr>
<td>Strawberries (80g)</td>
<td>Peas (80g)</td>
</tr>
<tr>
<td>White grapes (80g)</td>
<td>Red and green pepper (80g)</td>
</tr>
<tr>
<td></td>
<td>Red cabbage (80g)</td>
</tr>
<tr>
<td></td>
<td>Spinach (80g)</td>
</tr>
<tr>
<td></td>
<td>Stir-fry vegetables (80g)</td>
</tr>
<tr>
<td></td>
<td>Swede (80g)</td>
</tr>
<tr>
<td></td>
<td>Sweetcorn (80g)</td>
</tr>
<tr>
<td></td>
<td>Tomatoes (80g)</td>
</tr>
</tbody>
</table>
FRUITS
FRUITS
FRUITS

- Dried prunes (40g)
- Dried apricots (40g)
- Mandarin orange segments (80g)
- Kiwi (80g)
- Mango (100g)
- Mandarin orange segments with juice (130g)
FRUITS
FRUITS

Orange segments (100g)

Melon (100g)

Pear quarters (100g)

Peach (80g)

Plum (80g)

Pear slices (100g)
FRUITS
FRUITS

- Raspberries (80g)
- Raisins (40g)
- Stewed fruit (100g)
- Satsuma (90g)
- White grapes (80g)
- Strawberries (80g)
VEGETABLES
VEGETABLES

- Baked beans (80g)
- Baby sweetcorn (80g)
- Broccoli (80g)
- Broad beans (80g)
- Cabbage (80g)
- Brussels sprouts (80g)
VEGETABLES
VEGETABLES

- Carrot sticks (80g)
- Carrots – sliced (80g)
- Cherry tomatoes (80g)
- Cauliflower (80g)
- Cucumber (80g)
- Courgette (80g)
VEGETABLES
Grilled tomato (80g)
Green beans (80g)
Leeks (80g)
Kale (80g)
Mange tout (80g)
Lettuce (80g)
VEGETABLES
VEGETABLES

- Mixed salad (80g)
- Mixed beans (80g)
- Parsnip (80g)
- Mixed vegetables – frozen (80g)
- Red and green pepper (80g)
- Peas (80g)
VEGETABLES
VEGETABLES

- Spinach (80g)
- Red cabbage (80g)
- Swede (80g)
- Stir-fry vegetables (80g)
- Tomatoes (80g)
- Sweetcorn (80g)
Additional information
Food-based guidance

This section contains some information about the five food groups and how to choose foods which will make up a healthy, balanced diet.

It is also useful to look at the traffic-light labels, nutrition information labels and ingredients lists on foods, and to choose those that are lower in salt, sugar and fat. (See page 16 for more information on food labels.) The Food Standards Agency provides information on what is ‘a lot’ of fat, saturated fat, sugar and salt in foods. This is outlined below.

<table>
<thead>
<tr>
<th>Foods high in fat</th>
<th>Foods low in fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>have more than 20g of fat per 100g of food.</td>
<td>have 3g of fat or less per 100g of food.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Foods high in saturated fat</th>
<th>Foods low in saturated fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>have more than 5g of saturated fat per 100g of food.</td>
<td>have 1.5g of saturated fat or less per 100g of food.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Foods high in sugar</th>
<th>Foods low in sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>have more than 15g of sugars per 100g of food.</td>
<td>have 5g of sugars or less per 100g of food.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Foods high in salt</th>
<th>Foods low in salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>have more than 1.5g of salt per 100g of food or more than 0.6g (600mg) of sodium per 100g of food.</td>
<td>have 0.3g of salt or less per 100g of food or 0.1g (100mg) of sodium or less per 100g of food.</td>
</tr>
</tbody>
</table>
### Food group: Bread, rice, potatoes, pasta and other starchy foods

<table>
<thead>
<tr>
<th>Advice</th>
<th>Why?</th>
<th>What’s included</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starchy foods – which include bread, rice, potatoes and pasta – should make up a third of the daily diet. A variety of breads should be available daily at mealtimes. Different starchy foods should be offered in main meals throughout the week, so that a variety of starchy foods are included. Aim to include pasta and rice on the menu once a week. Wholegrain and wholemeal cereal foods are a good source of fibre and other nutrients.</td>
<td>Starchy foods are a good source of energy and the main source of a range of nutrients in the diet. As well as starch, these foods supply fibre, calcium, iron and B vitamins.</td>
<td>All varieties of bread including wholemeal, granary and seeded breads, chapattis, bagels, roti, tortillas and pitta bread Potatoes, yam, cocoyam, dasheen, breadfruit and cassava Breakfast cereals Rice, couscous, bulgar wheat, maize (polenta) and cornmeal Noodles, spaghetti and other pastas</td>
</tr>
</tbody>
</table>

### Tips
- Serve more pasta and rice and use less sauce. Opt for tomato-based sauces instead of cheese-based sauces.
- When serving rice and pasta, try to use wholemeal, wholegrain, brown or high-fibre versions.
- Some breakfast cereals are nutrient-fortified (that is, with added iron, folic acid and other vitamins and minerals). Choose wholegrain cereals or mix some in with other cereals.
- Offer a variety of breads, such as seeded, wholegrain and granary, and use thicker slices with low-fat options for fillings.
- If you are making chips or fried potatoes, use large pieces of potato and have thick or straight-cut chips as these absorb less fat.
- Baked potatoes do not need to have butter or margarine added when served with moist fillings or sauces.
- For children who have allergies to wheat, oats, barley and rye – good alternatives to offer are foods made from maize (such as polenta), rice, rice flour, potatoes, potato flour, buckwheat, sago, tapioca, soya and soya flour.
- Cereal foods which are good sources of iron and zinc include fortified cereals, wholegrain cereals, wholemeal bread and flour, couscous and wholemeal pasta.
## Food group: Fruit and vegetables

<table>
<thead>
<tr>
<th>Advice</th>
<th>Why?</th>
<th>What’s included</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit and vegetables should make up about a third of the daily diet.</td>
<td>Fruit and vegetables are good sources of many vitamins and minerals.</td>
<td>All types of fresh, frozen and canned vegetables – for example, broccoli, Brussels sprouts, cabbage, carrots, frozen peas, peppers, swede and sweetcorn</td>
</tr>
<tr>
<td>It is important to offer a variety. 5 portions a day is an achievable target.</td>
<td>There is evidence that consuming 400g or more of fruit and vegetables a day reduces the risk of developing chronic diseases such as coronary heart disease and some cancers. Including fruits and vegetables in the diet will also help to increase the intake of fibre.</td>
<td></td>
</tr>
<tr>
<td>Aim for 1 or 2 portions of fruit or vegetables with each meal, and offer fruit and vegetables as snacks.</td>
<td></td>
<td>Beans and pulses, including baked beans, chick peas and kidney beans</td>
</tr>
<tr>
<td>One portion is about 80g of fresh, frozen or canned fruit or vegetables, or about 40g of dried fruit.</td>
<td></td>
<td>All types of salad vegetables, including lettuce, cucumber, tomato, raw carrots, peppers and beetroot</td>
</tr>
<tr>
<td>A glass of 100% fruit juice can count as 1 portion of fruit each day.</td>
<td></td>
<td>All types of fresh fruit – for example, apples, bananas, kiwi fruit, oranges, pears, mango and plums</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All types of canned fruit in fruit juice – for example, pineapple, peaches and mandarin oranges</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stewed fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dried fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit juice (100% juice)</td>
</tr>
</tbody>
</table>

---

### Tips

- Steaming or cooking vegetables with minimum amounts of water, and serving them as soon as possible, will help retain vitamins.
- Use fresh fruit and vegetables as soon as possible, rather than storing them, to avoid vitamin loss.
- Incorporate fruit and vegetables in snack options. Offer a variety of healthy snack alternatives.
- Add vegetables and pulses to curries, casseroles or stir-fry dishes and serve at least two types of vegetables with fish, chicken or meat.
- Baked beans should be served no more than twice a week.
- Encourage people to have a daily glass of fruit juice (100% juice, unsweetened) with meals.
- Add a handful of dried fruit to cereal options and porridge.
- Offer traditional salads as well as raw vegetables, to increase colour, taste and texture at mealtimes.
- Add extra vegetables to savoury dishes.
- Vegetable soups are a useful way of increasing vegetable intake.
- Avoid dried fruit that has added sugar or vegetable oil.
- Fruit and vegetables which are useful sources of iron include spinach, broccoli, spring greens, dried apricots, raisins, baked beans, broad beans and blackcurrants.
- Fruit and vegetables which are useful sources of folate include spinach, broccoli, peas, oranges, melon, green leafy salads and tomatoes.
- Fruit and vegetables which are useful non-dairy sources of calcium include green leafy vegetables, dried fruit and oranges.
### Food group: Milk and dairy products

<table>
<thead>
<tr>
<th>Advice</th>
<th>Why?</th>
<th>What’s included</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offer dairy foods such as milk, yoghurt and cheese as part of meals and snacks. Offer low-fat options such as semi-skimmed milk, low-fat yoghurt and reduced-fat cheeses. Don’t rely on cheese as the main protein item for vegetarians.</td>
<td>Milk and dairy products are good sources of calcium, protein and vitamin A. Calcium helps to contribute to good bone health. The fat content of different dairy products varies and much of this is saturated fat.</td>
<td>Skimmed, semi-skimmed and whole milk Dried milk, goat’s and sheep’s milk All types of cheeses – for example, Cheddar cheese, cottage cheese, cheese spreads, Brie, feta, Edam, goat’s cheese, Stilton and Parmesan Yoghurt Fromage frais</td>
</tr>
</tbody>
</table>

### Tips
- Choose reduced-fat hard cheeses, cottage cheese or low-fat soft cheese.
- Some dairy products can contain high levels of salt. Look for lower-salt cheeses and use smaller amounts of stronger cheese rather than larger amounts of milder cheese.
- Offer semi-skimmed or skimmed milk and low-fat yoghurts and fromage frais.
- Use plain yoghurt or fromage frais instead of cream, soured cream or crème fraîche in recipes.
- Try serving frozen yoghurts as an alternative to ice cream.
- For those on dairy-free diets, serve soya drinks fortified with calcium as an alternative to milky drinks.
- Restrict sweetened milk drinks to mealtimes, as the sugars in these drinks can damage the teeth.
**Food group: Meat, fish, eggs, beans and other non-dairy sources of protein**

<table>
<thead>
<tr>
<th>Advice</th>
<th>Why?</th>
<th>What’s included</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offer a variety of meat and meat alternatives at main meals.</td>
<td>Meat and meat alternatives are a good source of protein, vitamins and minerals such as iron and zinc.</td>
<td>Meat includes all cuts of beef, pork, lamb, poultry, offal* and meat products such as bacon, sausages, beefburgers, pies and cold meats.</td>
</tr>
<tr>
<td>Use lean meat (meat which has a fat content of about 10%).</td>
<td>Some meat and meat products can contain a lot of fat and saturated fat.</td>
<td>Fish includes fresh, frozen and canned fish, such as tuna and sardines. Fish products such as fish cakes and fish fingers may have a low fish content.</td>
</tr>
<tr>
<td>Fish should be offered at least twice a week.</td>
<td>White fish is low in fat.</td>
<td>Boiled, poached or scrambled eggs, or omelettes</td>
</tr>
<tr>
<td>It is strongly recommended that oil-rich fish – such as salmon, trout, mackerel, herring, pilchards or sardines – should be served once a week.</td>
<td>Oil-rich fish provides a good source of omega-3 fats, which may help to protect against heart disease. Oil-rich fish are also a source of vitamins A and D.</td>
<td>Beans and pulses such as chick peas, lentils, kidney beans, butter beans, textured vegetable protein, nuts, and soya products such as tofu and Quorn.</td>
</tr>
<tr>
<td>Eggs can be served at breakfast and as part of main meals.</td>
<td>Eggs are a good source of protein, vitamin A, vitamin D and some minerals.</td>
<td></td>
</tr>
<tr>
<td>Make sure that meat alternatives for vegetarians are varied.</td>
<td>Beans, pulses, eggs, meat alternatives and nuts all provide good sources of nutrients.</td>
<td></td>
</tr>
</tbody>
</table>

**Tips**

- Always choose the leanest cuts of meat and remove visible fat and poultry skin.
- Roast meat on a rack in order to let the fat run off.
- Grill, poach or roast meat rather than frying. If you do fry, use clean oil and at the correct temperature to minimise absorption. Note that larger pieces of fish and meat absorb less fat.
- Don’t add extra fat or oil when cooking meat.
- Use more vegetables, pulses and starchy food to extend dishes further, and to add more texture and flavour. This will also mean that less meat is needed, reducing both the fat content and the cost of the meal.
- Buy good-quality meat and use smaller amounts.
- Use fish from sustainable fish stocks. Look for the Marine Stewardship Council logo.
- Offer unsalted nuts and seeds as snacks.
- Reduce the amount of processed meat products served, such as meat pies and pasties, sausages, burgers and coated chicken products.
- Reduce the amount of processed fish products on offer, particularly those that are fried or coated, such as fish fingers or fish cakes.

* Liver and liver pâté are very rich in vitamin A and it is recommended that these foods are consumed no more than once a week.
### Food group: Foods and drinks high in fat and/or sugar

<table>
<thead>
<tr>
<th>Advice</th>
<th>Why?</th>
<th>What’s included</th>
</tr>
</thead>
<tbody>
<tr>
<td>These foods can add palatability to the diet but should be eaten in small amounts each day.</td>
<td>Foods containing fat and foods containing sugar often provide a lot of calories and a lower proportion of other nutrients. Some foods in this group are also high in sodium/salt. Foods and drinks containing sugar often contain few other nutrients, and having them frequently between meals can contribute to tooth decay.</td>
<td>Foods containing fat include: butter, margarine, other spreading fats and low-fat spreads, cooking oils, oil-based salad dressings, mayonnaise, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces, and gravies. Foods and drinks containing sugar include: soft drinks, sweets, chocolate, jams, sugar, cakes, puddings, biscuits, pastries and ice cream.</td>
</tr>
<tr>
<td>Reduce the amount of foods containing fat – for example, fat spreads and butter, cooking oils and mayonnaise.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other foods containing fat and sugar – such as cakes and biscuits – should be eaten only occasionally.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Tips
- Use fat spreads rich in monounsaturated or polyunsaturated fats.
- Use cooking oils high in monounsaturates, such as soya, rapeseed or olive oils.
- Measure oil for cooking carefully and reduce the amount of oil used in the preparation of soups, stews and casseroles. Vegetables can often be dry-fried, steamed or stewed to form the basis of sauces and other dishes.
- Avoid serving pastry dishes frequently.
- Use low-fat yoghurt or non-dairy ice cream to complement puddings or pies.
- Produce puddings lower in fat and sugar and incorporate fresh fruit, canned fruit in juice or dried fruit.
- Offer water, unsweetened fruit juices and chilled milk drinks rather than sugary soft drinks.
- Serve wholegrain or plain cereals rather than sugar-coated cereals.
- When preparing sandwiches, try and avoid using butter or spreads if the filling is already moist.

### To increase the amount of vitamin D in menus
- Use fat spreads fortified with vitamin D for baking or as a fat spread.
- Include an oil-rich fish that is rich in vitamin D in the menu at least once a week – for example, herring, mackerel, pilchards, salmon, sardines, trout, roe, or canned tuna fish.
- Egg yolks are also rich in vitamin D.
- Meat and poultry contribute small but significant amounts of vitamin D.
Good sources of vitamins and minerals

This table shows a number of foods and drinks which are important sources of certain vitamins and minerals. These are based on average servings.

<table>
<thead>
<tr>
<th>B VITAMINS</th>
<th>EXCELLENT</th>
<th>GOOD</th>
<th>USEFUL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thiamin</td>
<td>liver and liver pâté, pork, bacon and ham, fortified breakfast cereals, malted drinks</td>
<td>wholemeal bread, yeast extract, oatcakes, currant buns, nuts, potatoes</td>
<td>lean meat, chicken and other poultry, eggs, white or brown bread, semi-sweet biscuits</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>liver, kidney</td>
<td>milk, malted drinks, fortified breakfast cereals, almonds</td>
<td>lean meat or poultry, bacon, mackerel, tuna, salmon, sardines, pilchards, cheese, yoghurt, eggs</td>
</tr>
<tr>
<td>Niacin</td>
<td>fortified breakfast cereals, canned salmon, tuna, pilchards, chicken</td>
<td>lean meat, sausages, kidneys, herrings, sardines</td>
<td>wholemeal bread, peanut butter, yeast extract, bacon, liver sausage</td>
</tr>
<tr>
<td>FOLATE</td>
<td>most fortified breakfast cereals, eg cornflakes, branflakes, crispy rice, liver, spinach</td>
<td>yeast extract, cabbage, Brussels sprouts, broccoli, peas, orange, melon, kidney</td>
<td>wholemeal bread/flour, weet biskis, cauliflower, beef, runner beans, tomatoes, parsnip, potatoes, green leafy salads, ackee, peanuts</td>
</tr>
<tr>
<td>VITAMIN C</td>
<td>blackcurrants, orange (and orange juice), strawberries, canned guava, spring greens, green and red peppers (raw)</td>
<td>broccoli, cabbage, cauliflower, spinach, tomato, Brussels sprouts, watercress, kiwi fruit, mango, grapefruit</td>
<td>potatoes, green beans, peas, satsumas, eating apples, nectarines, peaches, raspberries, blackberries</td>
</tr>
<tr>
<td></td>
<td>EXCELLENT</td>
<td>GOOD</td>
<td>USEFUL</td>
</tr>
<tr>
<td>----------------------</td>
<td>---------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>VITAMIN A</strong></td>
<td>liver</td>
<td>liver sausage/pâté</td>
<td>canned salmon</td>
</tr>
<tr>
<td></td>
<td>liver sausage/pâté</td>
<td></td>
<td>hERRINGS</td>
</tr>
<tr>
<td></td>
<td>carrots</td>
<td></td>
<td>egg</td>
</tr>
<tr>
<td></td>
<td>spinach</td>
<td></td>
<td>honeydew melon</td>
</tr>
<tr>
<td></td>
<td>sweet potatoes</td>
<td></td>
<td>prunes</td>
</tr>
<tr>
<td></td>
<td>watercress</td>
<td></td>
<td>orange</td>
</tr>
<tr>
<td></td>
<td>red peppers</td>
<td></td>
<td>sweetcorn</td>
</tr>
<tr>
<td></td>
<td>mango</td>
<td></td>
<td>peas</td>
</tr>
<tr>
<td></td>
<td>canteloupe melon</td>
<td></td>
<td>whole milk</td>
</tr>
<tr>
<td></td>
<td>dried apricots</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>nectarine</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>peach</td>
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</tr>
<tr>
<td></td>
<td>blackcurrants</td>
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<td></td>
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<tr>
<td></td>
<td>fresh/canned apricots</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>watercress</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>tomatoes</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>cabbage (dark)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>broccoli</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Brussels sprouts</td>
<td></td>
<td></td>
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<td></td>
<td>runner beans</td>
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<tr>
<td></td>
<td>broad beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>margarine</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>butter</td>
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<td></td>
<td>cheese</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>kidney</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>fortified breakfast cereals</td>
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<td></td>
<td>hERRINGS</td>
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<tr>
<td></td>
<td>pilchards</td>
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<td></td>
<td>sardines</td>
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<td></td>
<td>tuna</td>
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<tr>
<td></td>
<td>canned salmon</td>
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<tr>
<td><strong>VITAMIN D</strong></td>
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<td>hERRINGS</td>
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<td>sardines</td>
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<td>tuna</td>
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<td></td>
<td>canned salmon</td>
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</tr>
<tr>
<td><strong>CALCIUM</strong></td>
<td>spinach</td>
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</tr>
<tr>
<td></td>
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<tr>
<td></td>
<td>cheese</td>
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<td></td>
<td>tofu</td>
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<tr>
<td></td>
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<tr>
<td></td>
<td>yoghurt</td>
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</tr>
<tr>
<td></td>
<td>milk (all types)</td>
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</tr>
<tr>
<td></td>
<td>soya drink fortified with calcium</td>
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<td></td>
<td>cheese spread</td>
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<td>canned salmon</td>
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<tr>
<td></td>
<td>muesli</td>
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<tr>
<td></td>
<td>white bread/flour</td>
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</tr>
<tr>
<td></td>
<td>peas, beans</td>
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<td></td>
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<tr>
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<td></td>
</tr>
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<td></td>
<td>dried fruit</td>
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</tr>
<tr>
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<td>orange</td>
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<td></td>
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<tr>
<td><strong>IRON</strong></td>
<td>fortified breakfast cereals</td>
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</tr>
<tr>
<td></td>
<td>pig liver</td>
<td></td>
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<tr>
<td></td>
<td>kidney</td>
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<tr>
<td></td>
<td>chicken liver</td>
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<tr>
<td></td>
<td>liver sausage/pâté</td>
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<tr>
<td></td>
<td>wholemeal bread/flour</td>
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<tr>
<td></td>
<td>weet biskys</td>
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<tr>
<td></td>
<td>beef, beefburger</td>
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<tr>
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</tr>
<tr>
<td></td>
<td>lamb</td>
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</tr>
<tr>
<td></td>
<td>sardines, pilchards</td>
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<tr>
<td></td>
<td>soya beans</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>chick peas, lentils</td>
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<tr>
<td></td>
<td>spinach, broccoli</td>
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<td></td>
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<tr>
<td></td>
<td>spring greens</td>
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<tr>
<td></td>
<td>dried apricots</td>
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<tr>
<td></td>
<td>raisins</td>
<td></td>
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<tr>
<td></td>
<td>white bread</td>
<td></td>
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<tr>
<td></td>
<td>baked beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>broad beans</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>black-eyed peas</td>
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</tr>
<tr>
<td></td>
<td>blackcurrants</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>salmon, tuna</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>hERRINGS</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>sausage</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>chicken and other poultry</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>pork</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>tofu</td>
<td></td>
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</tr>
<tr>
<td>ZINC</td>
<td>EXCELLENT</td>
<td>GOOD</td>
<td>USEFUL</td>
</tr>
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<td>------</td>
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</tr>
<tr>
<td></td>
<td>liver</td>
<td>bacon</td>
<td>sausages</td>
</tr>
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<td></td>
<td>kidney</td>
<td>ham</td>
<td>cold cooked meats</td>
</tr>
<tr>
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<td>lean meat</td>
<td>poultry</td>
<td>canned tuna or pilchards</td>
</tr>
<tr>
<td></td>
<td>corned beef</td>
<td>canned sardines</td>
<td>eggs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>shrimps and prawns</td>
<td>milk, cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>tofu</td>
<td>beans and lentils</td>
</tr>
<tr>
<td></td>
<td></td>
<td>whole grain breakfast cereals, eg puffed wheat, branflakes, weet bisk</td>
<td>brown or wholemeal bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>plain popcorn</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>sesame seeds</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FIBRE</th>
<th>(Non-starch polysaccharides - NSP)</th>
<th>EXCELLENT</th>
<th>GOOD</th>
<th>USEFUL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>whole grain/wholewheat breakfast cereals such as branflakes, weet bisk, shreddies, shredded wheat, sultana bran wholemeal bread wholemeal pitta bread baked beans chick peas, kidney beans (and most beans) lentils dried apricots dried figs dried prunes</td>
<td>muesli wholemeal pasta brown bread wheatgerm bread white bread with added fibre baked potato with skin chips sweet potato broad beans fresh and frozen peas sweetcorn broccoli Brussels sprouts okra Quorn avocado blackberries dried dates almonds, hazelnuts peanuts twiglets</td>
<td>puffed wheat cereal brown rice white pitta bread pizza potatoes yam houmous canned peas cabbage carrots plantain banana mango raisins sunflower seeds potato crisps</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dietary reference value (DRV)</td>
<td>4-6 years</td>
<td>7-10 years</td>
<td>11-14 years</td>
</tr>
<tr>
<td>---------------------------</td>
<td>-----------------------------</td>
<td>-----------</td>
<td>------------</td>
<td>-------------</td>
</tr>
<tr>
<td><strong>Energy</strong></td>
<td>EAR</td>
<td>kcals</td>
<td>1,715</td>
<td>1,970</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>DRV: average 35% of food energy*</td>
<td>g</td>
<td>66.7</td>
<td>76.6</td>
</tr>
<tr>
<td><strong>Saturated fat</strong></td>
<td>DRV: average 11% of food energy*</td>
<td>g</td>
<td>21.0</td>
<td>24.1</td>
</tr>
<tr>
<td><strong>Total carbohydrate</strong></td>
<td>DRV: average 50% of food energy*</td>
<td>g</td>
<td>228.7</td>
<td>262.7</td>
</tr>
<tr>
<td><strong>Non-milk extrinsic sugars</strong></td>
<td>DRV: average 11% of food energy*</td>
<td>g</td>
<td>50.3</td>
<td>57.8</td>
</tr>
<tr>
<td><strong>Fibre</strong></td>
<td>Proportion of DRV for adults (18g)/CRV**</td>
<td>g</td>
<td>13.7</td>
<td>15.8</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>RNI</td>
<td>g</td>
<td>19.7</td>
<td>28.3</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>RNI</td>
<td>mg</td>
<td>6.1</td>
<td>8.7</td>
</tr>
<tr>
<td><strong>Zinc</strong></td>
<td>RNI</td>
<td>mg</td>
<td>6.5</td>
<td>7.0</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>RNI</td>
<td>mg</td>
<td>450</td>
<td>550</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>RNI</td>
<td>µg</td>
<td>500</td>
<td>500</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>RNI</td>
<td>mg</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td><strong>Folate</strong></td>
<td>RNI</td>
<td>µg</td>
<td>100</td>
<td>150</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>SACN recommendation</td>
<td>mg</td>
<td>1,177</td>
<td>1,961</td>
</tr>
</tbody>
</table>

* As there is no absolute requirement for sugars or fats (except essential fatty acids), these values represent a maximum.
** The Dietary Reference Value for non-starch polysaccharides (fibre) is 18g for adults, and children should eat proportionately less, based on their lower body size. For pragmatic reasons, this has been calculated as a percentage of the energy recommendation, to give the Calculated Reference Value. The calculated NSP guideline is 8g per 1,000kcal.

**Energy values**

Energy values calculated from the amount of fat, carbohydrate and protein in these tables will not equal total energy EAR for two reasons. Firstly, the protein values here are based on the RNI figures, which are equivalent to protein providing about 8% of food energy whereas in typical British diets protein provides about 15% of food energy. This was accounted for in the estimates of % food energy from fat and carbohydrate when these figures were estimated by the Department of Health in 1991. Secondly, the carbohydrate DRV (excluding that for NMES) is a minimum figure and intakes may be greater than this and therefore contribute higher calorie intakes.

EAR = Estimated Average Requirement
RNI = Reference Nutrient Intake
SACN = Scientific Advisory Committee on Nutrition
## Dietary reference values and derived amounts for nutrients per day: GIRLS

<table>
<thead>
<tr>
<th>Dietary reference value (DRV)</th>
<th>4-6 years</th>
<th>7-10 years</th>
<th>11-14 years</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy</strong></td>
<td>EAR kcal</td>
<td>1,545</td>
<td>1,740</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>DRV: average 35% of food energy* g</td>
<td>60.1</td>
<td>67.7</td>
</tr>
<tr>
<td><strong>Saturated fat</strong></td>
<td>DRV: average 11% of food energy* g</td>
<td>18.9</td>
<td>21.3</td>
</tr>
<tr>
<td><strong>Total carbohydrate</strong></td>
<td>DRV: average 50% of food energy* g</td>
<td>206.0</td>
<td>232.0</td>
</tr>
<tr>
<td><strong>Non-milk extrinsic sugars</strong></td>
<td>DRV: average 11% of food energy* g</td>
<td>45.3</td>
<td>51.0</td>
</tr>
<tr>
<td><strong>Fibre</strong></td>
<td>Proportion of DRV for adults (18g)/CRV** g</td>
<td>12.4</td>
<td>14.0</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>RNI g</td>
<td>19.7</td>
<td>28.3</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>RNI mg</td>
<td>6.1</td>
<td>8.7</td>
</tr>
<tr>
<td><strong>Zinc</strong></td>
<td>RNI mg</td>
<td>6.5</td>
<td>7.0</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>RNI mg</td>
<td>450</td>
<td>550</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>RNI µg</td>
<td>500</td>
<td>500</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>RNI mg</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td><strong>Folate</strong></td>
<td>RNI µg</td>
<td>100</td>
<td>150</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>SACN recommendation mg</td>
<td>1,177</td>
<td>1,961</td>
</tr>
</tbody>
</table>

* As there is no absolute requirement for sugars or fats (except essential fatty acids), these values represent a maximum.

** The Dietary Reference Value for non-starch polysaccharides (fibre) is 18g for adults, and children should eat proportionately less, based on their lower body size. For pragmatic reasons, this has been calculated as a percentage of the energy recommendation, to give the Calculated Reference Value. The calculated NSP guideline is 8g per 1,000kcal.

** Energy values**

Energy values calculated from the amount of fat, carbohydrate and protein in these tables will not equal total energy EAR for two reasons. Firstly, the protein values here are based on the RNI figures, which are equivalent to protein providing about 8% of food energy whereas in typical British diets protein provides about 15% of food energy. This was accounted for in the estimates of % food energy from fat and carbohydrate when these figures were estimated by the Department of Health in 1991. Secondly, the carbohydrate DRV (excluding that for NMES) is a minimum figure and intakes may be greater than this and therefore contribute higher calorie intakes.

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### How the energy values on page 9 were calculated

Average energy figures have been calculated for groups of children across age groups. These are shown in the tables on page 77 and above and are based on average weights of children across the age range doing moderate amounts of activity. Where we have suggested different figures for specific ages of girls or boys at different energy expenditures (on page 9), we have calculated these based on data from tables 2.1, 2.2 and 2.3 of the 1991 publication *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*. All energy calculations are based on average figures and individual children can have widely different energy requirements.
Resources

This section contains further information about eating well and menu planning for 5-11 year olds.

ORGANISATIONS

Allergy UK
Planwell House
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Edgington Way
Sidcup
Kent DA14 5BH
T: 01322 619898
E: info@allergyuk.org
www.allergyuk.org

British Dietetic Association
5th Floor
Charles House
148-9 Great Charles Street
Queensway
Birmingham B3 3HT
T: 0121 200 8080
E: info@bda.uk.com
www.bda.uk.com

British Nutrition Foundation
High Holborn House
52-54 High Holborn
London WC1V 6RQ
T: 020 7404 6504
E: postbox@nutrition.org.uk
www.nutrition.org.uk

Chartered Institute of Environmental Health
Chadwick Court
15 Hatfields
London SE1 8DJ
T: 020 7928 6006
E: info@cieh.org
www.cieh.org

The Coeliac Society
3rd floor
Apollo Centre
Desborough Road
High Wycombe
Bucks HP11 2QW
T: 01494 437278
Helpline: 0845 305 2060

Community Practitioners’ and Health Visitors’ Association (CPHVA)
Unite the Union
Unite House
128 Theobald’s Road
London WC1X 8TN
T: 0207 611 2500
www.unitetheunion.org/cphva

Department of Health
PO Box 777
London SE1 6XH
T: 0800 555 777
www.dh.gov.uk

Diabetes UK
Macleod House
10 Parkway
London NW1 7AA
T: 020 7424 1000
E: info@diabetes.org.uk
www.diabetes.org.uk

Food Standards Agency
www.food.gov.uk
www.eatwell.gov.uk

National Heart Forum
Tavistock House South
Tavistock Square
London WC1H 9LG
T: 020 7383 7638
www.heartforum.org.uk

NHS Direct
T: 0845 4647
www.nhsdirect.nhs.uk

NHS Health Scotland
Woodburn House
Canaan Lane
Edinburgh EH10 4SG
T: 0131 536 5500
www.healthscotland.com

Nutrition Society
10 Cambridge Court
210 Shepherd’s Bush Road
London W6 7NJ
T: 020 7602 0228
E: office@nutsoc.org.uk
www.nutritionssociety.org

Public Health Agency for Northern Ireland
18 Ormeau Avenue
Belfast BT2 8HS
T: 028 9031 1611
www.publichealth.hscni.net

School Food Trust
Geraldine Hall Suite
Moorfoot
Sheffield S1 4PQ
T: 0844 800 9048
E: info@sft.gsi.gov.uk
www.schoolfoodtrust.org.uk

Vegan Society
Donald Watson House
21 Hylton Street
Hockley
Birmingham B18 6HJ
T: 0121 523 1730
www.vegansociety.com

Vegetarian Society
Parkdale
Dunham Road
Altrincham
Cheshire WA14 4QG
T: 0161 925 2000
www.vegsoc.org

Reso

This section contains further information about eating well and menu planning for 5-11 year olds.
**PUBLICATIONS**

Caroline Walker Trust publications

For details, see www.cwt.org.uk

**Eating Well at School**

**Eating Well for Looked After Children and Young People**

**Eating Well for Under-5s in Child Care: Practical and Nutritional Guidelines**

**Eating Well for Under-5s in Child Care: Training Materials for People Working with Under-5s in Child Care**

The publications above include information and recommendations about eating well and practical menu planning. The training materials also include a CD-ROM with useful information about foods, recipes and menu planning.

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**Food Standards Agency publications**

Available from:
PO Box 369
Hayes, Middlesex UB3 1UT
T: 0845 606 0667
F: 020 8867 3225
Minicom (for people with hearing disabilities): 0845 606 0678
E: foodstandards@eclogistics.co.uk
www.food.gov.uk

**Booklets**

The Balance of Good Health FSA 0008
Feeding Your Growing Child FSA 0456/0602
Healthy Diets for Infants and Young Children FSA0249
The Little Book of Salt FSA1133

Available to download from
www.food.gov.uk
Food Allergy: How to Avoid Certain Foods FSA 1248
Food Hygiene: A Guide for Businesses FSA 1020 196

Further information on healthy eating can be obtained from:
www.eatwell.gov.uk
www.salt.gov.uk
www.food.gov.uk

**NHS Health Scotland/Scottish Executive publications**

See www.healthscotland.com for more information.

Available from
www.healthscotland.com

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**CATERING AND MENU PLANNING**

**Catering for Health**

Produced by the Food Standards Agency and Department of Health. Available free from PO Box 369, Hayes, Middlesex UB3 1UT. T: 0845 6060667

**Nutmeg UK**

www.nutmeg-uk.com
Provides menu planning software.

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**TRAINING IN ‘EATING WELL’**

In the UK, registered dietitians (RD) and registered public health nutritionists (RPHNutr) are the professionals qualified to provide advice and training on good nutrition in public settings. For a list of qualified trainers across the UK, see the CWT website
www.cwt.org.uk

Registered dietitians can be found via the British Dietetic Association at www.bda.uk.com or via the website
www.dietitiansunlimited.co.uk

Registered public health nutritionists can be found via the Nutrition Society:
www.nutritionssociety.org

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**CHEW**

www.cwt-chew.org.uk

For information about photo resources for children in the first year of life, for children aged 1-4 years and for young people aged 12-18 years, see the CHEW website.
THE CAROLINE WALKER TRUST

Eating Well for 5-11 Year Olds: Practical Guide
(including accompanying CD-ROM)

Eating Well for 5-11 Year Olds: Practical Guide
(including accompanying CD-ROM), plus set of printed Eating Well for 5-11 Year Olds: Food Photo Cards

www.cwt-chew.org.uk