

As part of our commitment to children's health and well-being, our aim is to teach children about healthy lifestyles and choices. What you put in your child's lunchbox is an important part of that education.

Nutrition: *What balance of foods is good for our bodies*

Variety: *A variety of healthy foods is inviting and tasty*

Portion: *How much our body needs to be healthy*

The British Nutrition Foundation recommends a **5532** a **DAY** balance from each of the food groups:

5532-a-day
Perfect portions for little tumms (1-4 years)

Drinks
Offer 6-8 drinks a day, mostly water

Guide to number of portions across the day in meals and snacks

5 -a-day
Starchy Foods
(Potatoes, bread, rice & pasta)

- 1/2-1 slice bread
- 1-2 oat cakes
- 3-6 tbsp breakfast cereal
- 1-3 tbsp mashed potato
- 2-5 tbsp cooked pasta/rice

5 -a-day (or more)
Fruit & Vegetables

- 2-6 carrot sticks
- 1/4-1 banana
- 3-10 grapes (halved)
- 1/2-2 tbsp peas
- 1/2-2 tbsp broccoli

3 -a-day
Dairy Foods
(Milk, cheese & yogurt)

- 1 beaker of milk (100-120ml)
- 1 pot of yogurt (125ml)
- 1 cheese triangle

2 -a-day
Protein Foods*
3 portions if child is vegetarian
(Beans, pulses, fish, eggs, meat and other proteins)

- 2-4 tbsp chickpeas, kidney beans, dhal, lentils or beans
- 2-4 tbsp cooked minced meat
- 1/4-1 small fillet of fish

See overleaf for more examples...

*3 Portions if child is vegetarian.

The British Nutrition Foundation
www.nutrition.org.uk/healthyliving/toddlers
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Toddlers do not need a top-heavy diet of sugary, starchy foods – we often see far too much bread, cake, biscuits, dunkers and crisps in children's lunches, more than a daily recommended amount in one meal.

Variety: Providing a healthy, nutritious variety will encourage your child to try new things and also stop them becoming bored of the same foods. Too much choice can also be counter-productive. 1 small portion from each of the sections below works very well for a healthy, nutritious and cost-effective lunch.

Starchy	Fruit & Veg	Dairy	Protein
Small sandwich (½ - 1 slice bread)	Carrot sticks, peppers or cucumber	Cheese, strings or slices (NOT cubes, choking hazard)	Ham or chicken slices, tuna, salmon filler or vegan alternative
Small pitta or ½ wrap		Plain/Greek yoghurt	Mini sausages (Cut lengthways – choking hazard)
Cold Pasta, cous-cous or rice	Any fruit, colour variety is good	Cheese triangles or soft cheese	Cold omelette
Slice pizza			Boiled eggs
Crackerbread			Soft cheese

Portion Size is very important:

A child's stomach is the size of their fist, so really quite small.



Lunchbox Do's and Don'ts at Sunbeams:

Do:

- Give a small selection of nutritious food, appropriate to their age
- Make portions smaller eg half a bag of crisps is plenty
- Avoid sugary foods such as cake or biscuits

Don't:

- Include ANY chocolate, chocolate spread, nuts, peanut butter hummus, marshmallows, popcorn or sweets (it will be sent home)
- Give them an adult size portion in their lunchbox
- Include any unchopped/unsliced choking hazards (cut lengthways)

Food standards agency guide to Early years food prep Food.gov.uk

If you would like to discuss anything about this leaflet or any aspect contained within it please speak to our Nutrition and Healthy eating Co-ordinator or Manager