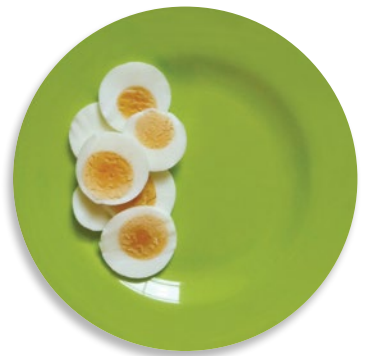


# Good food choices and portion sizes for 1 to under-5 year olds



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

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

### **Acknowledgements**

This resource was written by Dr Helen Crawley and updated by Dr Vicky Sibson. The photos were taken by Helena Little. Thanks go to Georgia Machell and Rosa Sparks for food styling.

Edited by Wordworks.

Design by Sally Geeve and White Creative

### **Photo resources**

For more information about photo resources for different age groups of children and young people, see the website [www.firststepsnutrition.org](http://www.firststepsnutrition.org)

### **First Steps Nutrition Trust**

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

#### **First Steps Nutrition Trust**

The Food Exchange

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Registered charity number: 1146408

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# Introduction

## What is in this guide?

This guide provides a visual resource for anyone looking after or supporting children aged from 12-59 months (i.e from 1 to under-5 years old) to eat well. Eating well in the first five years of life is essential for growth and physical and mental development, as well as for a child's future health. Encouraging good eating habits in the early years will help children to develop healthy taste preferences and dietary habits in later life.

This good food choices and portion size guide provides some simple ideas for the balance of different meal components that will meet the energy and nutrient needs of children in this age group. Some simple food-based recommendations for each food group are given, followed by photos showing appropriate portion sizes for 1 to under-5 year olds.

Good meal choices, with appropriate portion sizes, for 1 to under-5 year olds can be found in the following resources, produced by First Steps Nutrition Trust:

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

For more information, see page 6.

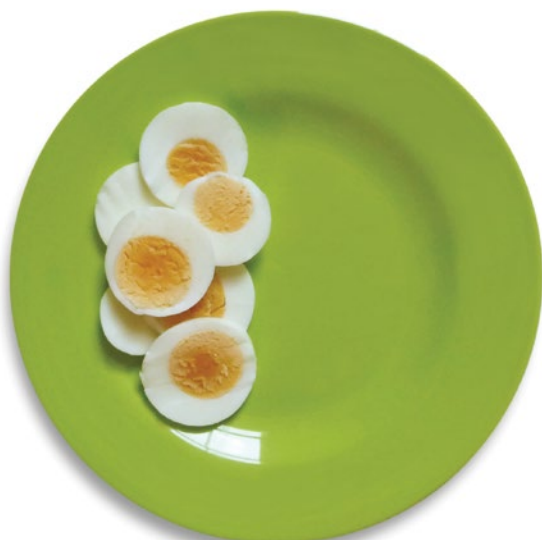
## How have the portion sizes been calculated?

The portion sizes in this guide have been estimated from balanced menu plans that meet the average energy and nutrient needs of children aged 3-4 years. They are suitable for use in groups of children aged 1 to under-5 years, but are based on the needs of those with the highest needs in the group. Some children will eat more, and some less than this. However, it is useful to have an idea of the sorts of portion sizes that can form the basis of meals for children of this age, bearing in mind that some children may want 'seconds' and that children should be allowed to eat healthy food to appetite.

## How can this guide be used?

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

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



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

### ENGLAND

*Eat better, start better: A practical guide*

Available at:

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

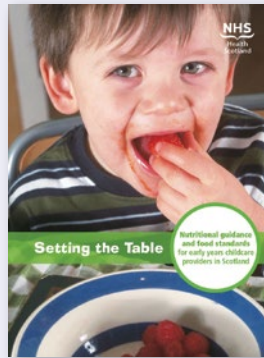


### SCOTLAND

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

Available at:

[www.healthscotland.com](http://www.healthscotland.com)

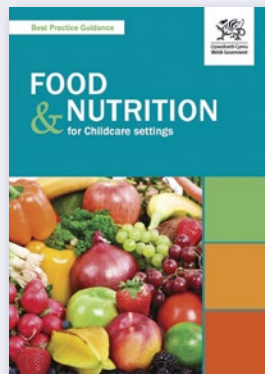


### WALES

*Food and nutrition for childcare settings*

Available at:

[www.gov.wales](http://www.gov.wales)

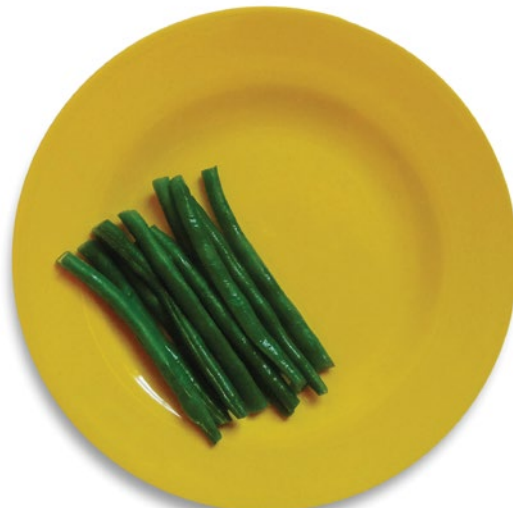
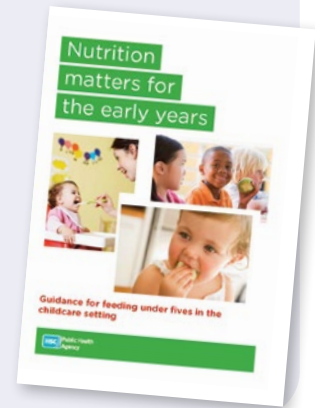


### NORTHERN IRELAND

*Nutrition matters*

Available at:

[www.publichealth.hscni.net](http://www.publichealth.hscni.net)



# Other resources from First Steps Nutrition Trust

These resources can all be downloaded from [www.firststepsnutrition.org](http://www.firststepsnutrition.org)

## Eating well recipe book



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



18

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

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

KEY: BF = Dairy-free EF = Egg-free GF = Gluten-free V = Suitable for vegetarians VV = Suitable for vegans  
€ = 20p to 94p EE = 95p to £1.19 EEE = £1.20 to £1.45

19

**DRINK**

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

**OTHER PACKED LUNCH IDEAS**

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

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

**LUNCH BOX TIPS**

**Why are eggs a good food choice for young children?**

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



# Plates used in the photos

The photos on pages 11-42 show individual foods, in portion sizes appropriate for 1 to under-5 year olds. The plates and bowls used in the photos are shown below at actual size.

**Plate**

Width: 20cm





**Bowl**  
Width: 12cm



Depth: 4cm



**Small bowl**  
Width: 8cm



Depth: 3cm

# Bread, other cereals and potatoes

## How much to serve?

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

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



*Fortified cereals can be a good source of iron.*

## Good choices

All types of **bread** – wholemeal, granary, brown, wheatgerm, white, multigrain, soda bread, potato bread, chapattis, naan bread, rotis, rolls, bagels, pitta bread, wraps and tortilla

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

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

**Pasta and noodles** – wholemeal and white

**Rice** – brown and white rice

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

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

## Notes

Look for lower-salt breads.

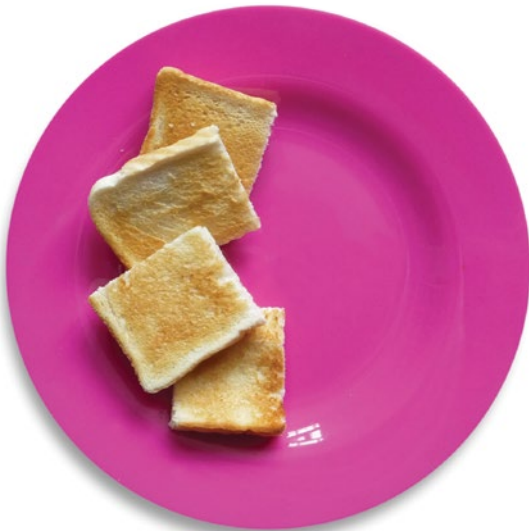
Processed potato products like waffles or smiley faces should be avoided.

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

Avoid fried rice or flavoured dried rice in packets.

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

## BREAD



**White toast** 1 slice 25g



**Wholemeal bread** 1/2 bread roll 25g



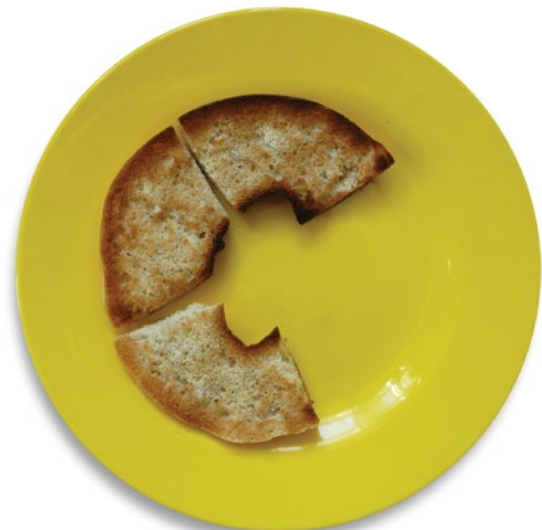
**French bread** 30g



**White pitta bread** 1/2 pitta bread 30g



**Wholemeal pitta bread** 1/2 pitta bread 25g



**Bagel** 3/4 bagel 30g

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

## BREAD



**Chapatti** 20g



**Breadsticks** 15g



**Rice cake** 1 rice cake 10g



**Crumpet** 1 crumpet 30g



**Wrap or tortilla** 1/2 tortilla 25g



**Oatcakes** 2 oatcakes 16g

## RICE AND OTHER GRAINS



**White rice** 80g



**Brown rice** 80g



**Couscous** 80g



**Polenta** 80g



**Pearl barley** 80g

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

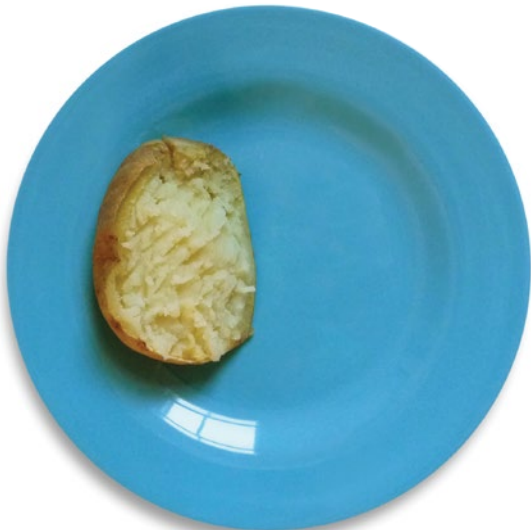
POTATOES AND STARCHY ROOT VEGETABLES



Mashed potato 80g



New potato slices 80g



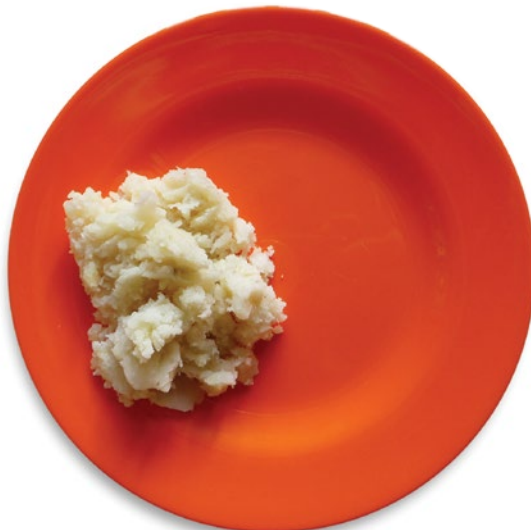
Jacket potato 80g



Oven chips 80g



Mashed sweet potato 80g



Mashed yam 80g

PASTA AND NOODLES



**Spaghetti** 80g



**Egg noodles** 80g



**Baby pasta** 80g



**Pasta penne** 80g



**Pasta rice** 80g



**Brown pasta spirals** 80g

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

## BREAKFAST CEREALS



**Puffed wheat** 15g and 100ml milk



**Shredded wheat** 1 bisc 12g and 100ml milk



**Weet bisks** 20g and 100ml milk



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




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



**Ready brek** 100g

# Vegetables and fruit

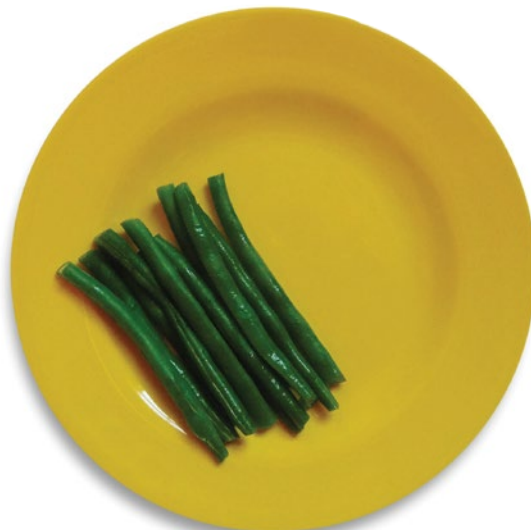
How much to serve?	Good choices	Notes
<p>Offer different fruits and vegetables at meals and snacks.</p> <p>1 to under-5 year olds should be encouraged to taste at least five different fruits and vegetables a day.</p> <p>Aim for 40g portions of vegetables and fruits for all 1 to under-5 year olds at meals and snacks.</p>	<p>All types of <b>fresh, frozen and canned vegetables</b> – for example, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, courgette, green beans, kale, mushrooms, parsnips, peas, peppers, pumpkin, red cabbage, squash, spinach, swede or turnip</p>	<p>Avoid vegetables canned with added salt and sugar.</p> <p>Do not overcook fresh vegetables, and don't cut them up a long time before cooking and leave them in water, or cook them early and re-heat before serving. These practices all reduce the vitamin content.</p>
<p><b>DID YOU KNOW?</b></p> <p>Young children need to be presented with unfamiliar vegetables on multiple occasions (as many as 8 to 10 times or more for each vegetable) to help develop and support their regular consumption.</p>	<p>All types of <b>salad vegetables</b> – for example, lettuce, watercress, celery, cucumber, tomato, raw carrot, raw pepper, radish or beetroot</p>	
	<p>All types of <b>fresh fruit</b> – such as apples, bananas, pears, grapes, kiwi fruit, oranges, plums, berries, melon or mango</p>	
	<p>All types of <b>canned fruit</b> in juice – for example, peaches, pears, pineapple, mandarin oranges, prunes, guava or lychees</p>	<p>Avoid fruit canned in syrup.</p>
	<p><b>Stewed fruit</b> such as stewed apple or pears, stewed dried fruit, stewed plums or stewed rhubarb</p>	<p>If the fruit to be stewed is sour, add a little apple juice, or mix with a sweeter fruit.</p>
	<p><b>Dried fruit</b> such as raisins, dried apricots, dates, dried figs, prunes.</p>	<p>Avoid dried fruit with added sugar and vegetable oil.</p> <p>Serve dried fruit with meals and not as snacks.</p>

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

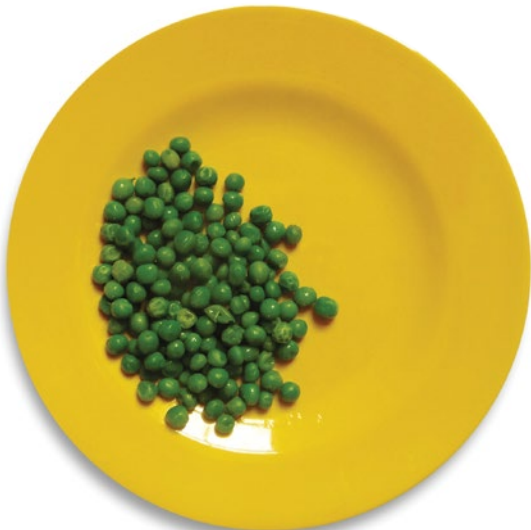
**BEANS, PEAS AND SWEETCORN**



**Broad beans** 40g



**Green beans** 40g



**Peas** 40g



**Baby sweetcorn** 40g

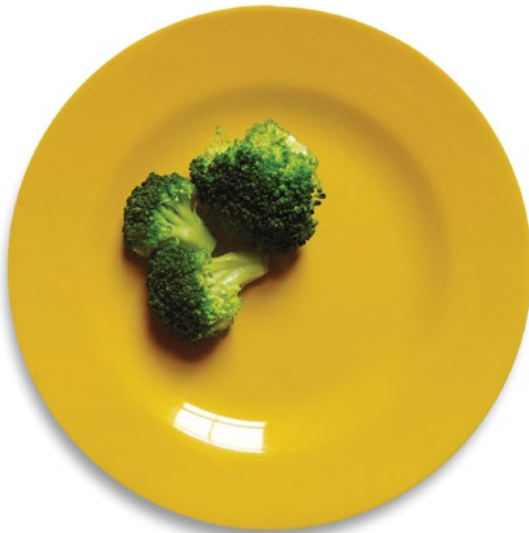


**Canned sweetcorn** 40g



**Mange tout** 40g

## GREEN, LEAFY VEGETABLES



**Broccoli** 40g



**Brussels sprouts** 40g



**Cabbage** 40g



**Cauliflower** 40g



**Kale** 40g



**Spinach** 40g

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

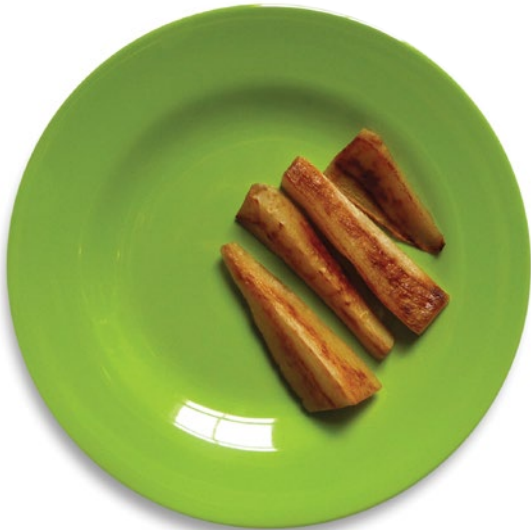
# ROOT VEGETABLES AND SQUASH



**Butternut squash** 40g



**Carrots** 40g



**Parsnip** 40g



**Swede** 40g

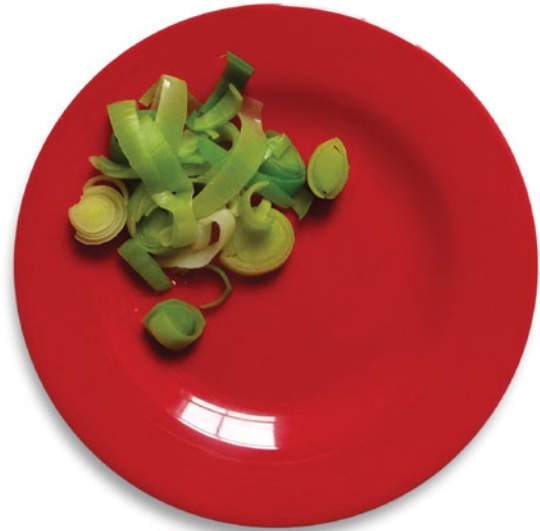


**Turnip** 40g

## OTHER VEGETABLES



**Courgette** 40g



**Leeks** 40g



**Mushrooms** 40g



**Mixed vegetables (frozen)** 40g



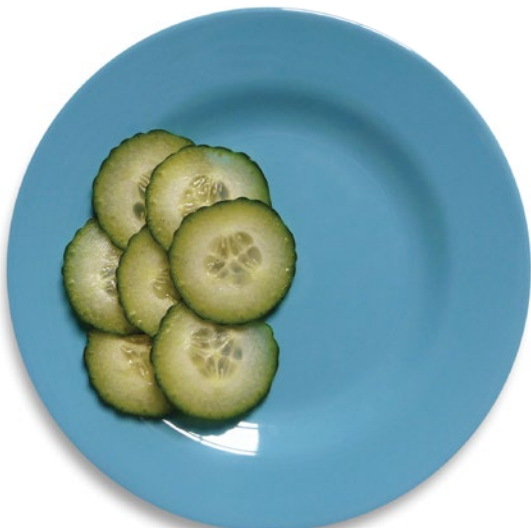
**Plantain** 40g



**Roasted vegetables** 40g

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

# SALAD AND RAW VEGETABLES



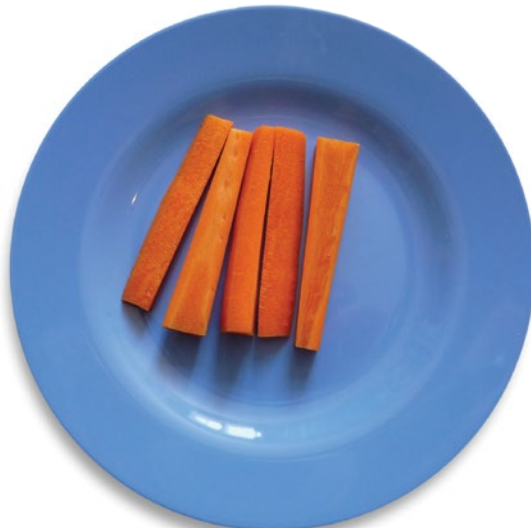
**Cucumber** 40g



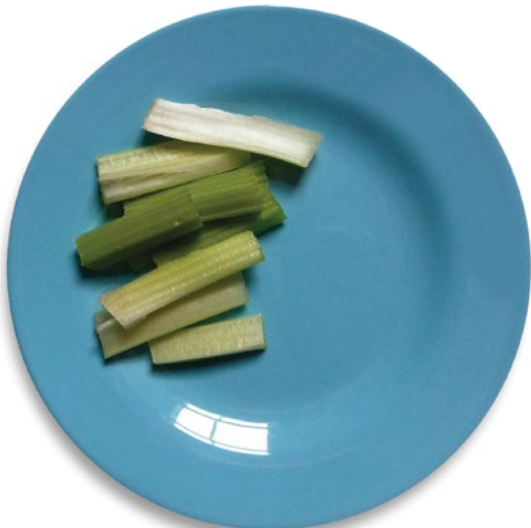
**Avocado** 40g



**Beetroot** 40g



**Carrot sticks** 40g



**Celery sticks** 40g



**Lettuce** 40g

## PEPPERS AND TOMATOES



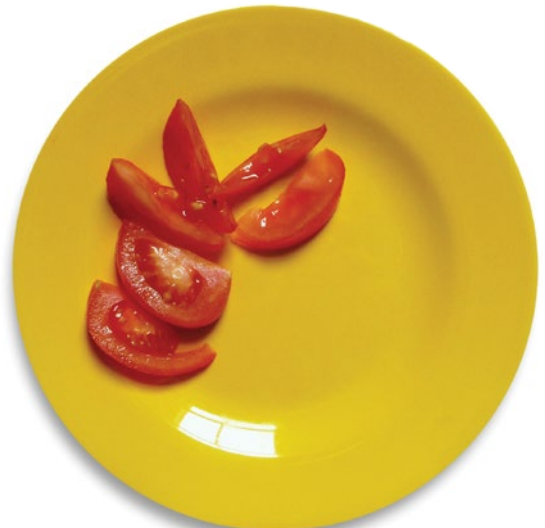
**Yellow pepper** 40g



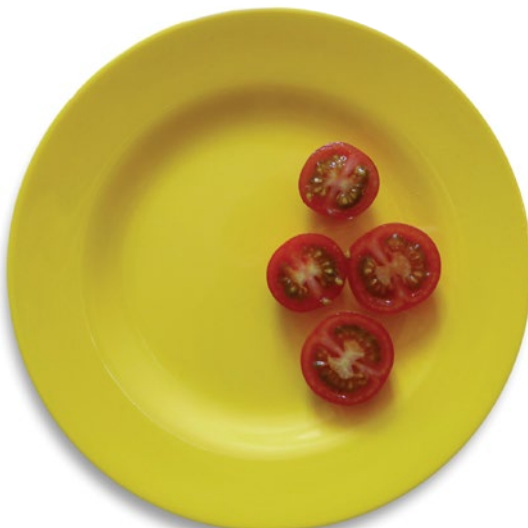
**Red pepper** 40g



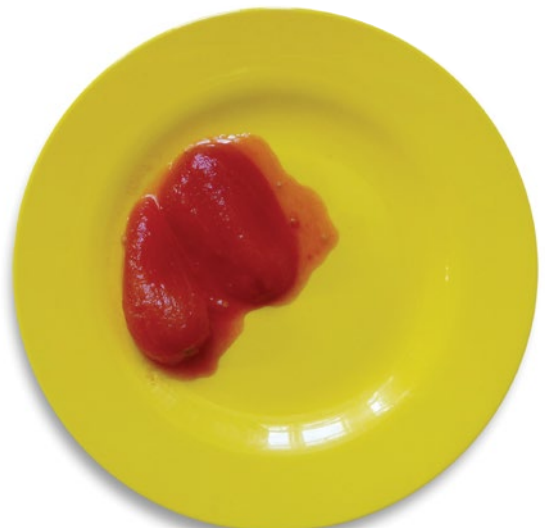
**Green pepper** 40g



**Tomato** 40g



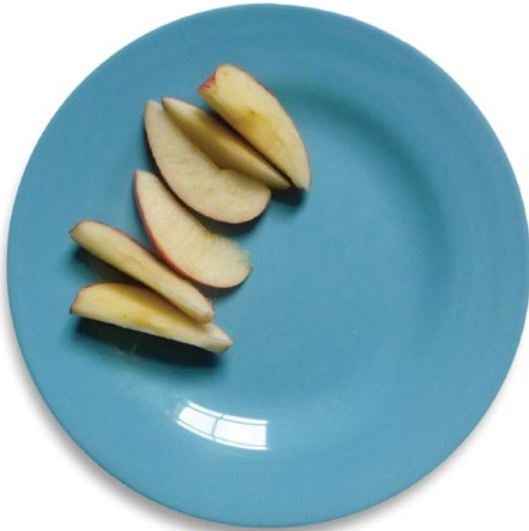
**Cherry tomatoes** 40g



**Canned tomato** 40g

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

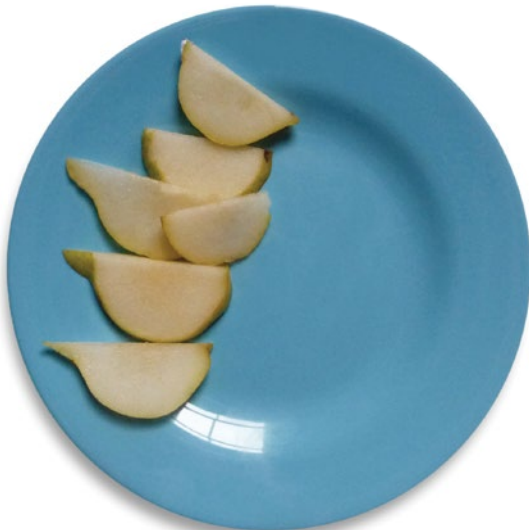
# APPLES AND PEARS



**Apple** 1/2 apple 40g



**Stewed apple with juice** 70g



**Pear** 1/3 pear 40g



**Pears, canned in juice, served without juice** 40g



**Stewed pear with juice** 70g

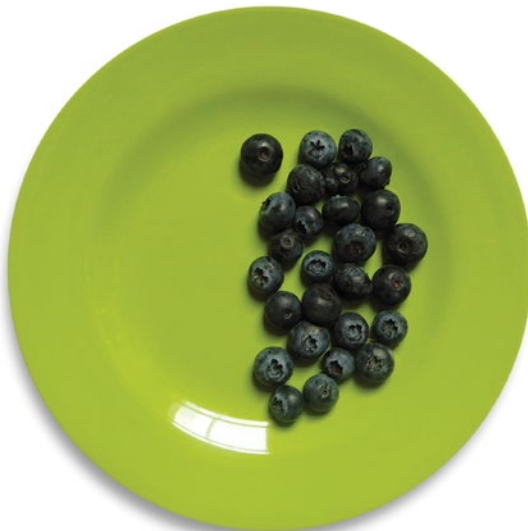
## BERRIES



**Blackberries** 40g



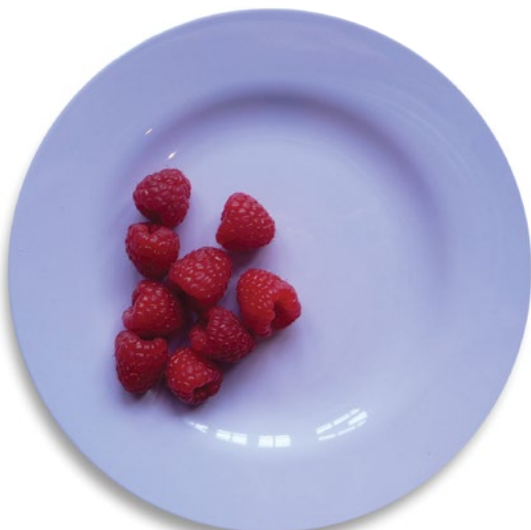
**Blackcurrants and redcurrants** 40g



**Blueberries** 40g



**Frozen mixed berries** 40g



**Raspberries** 40g



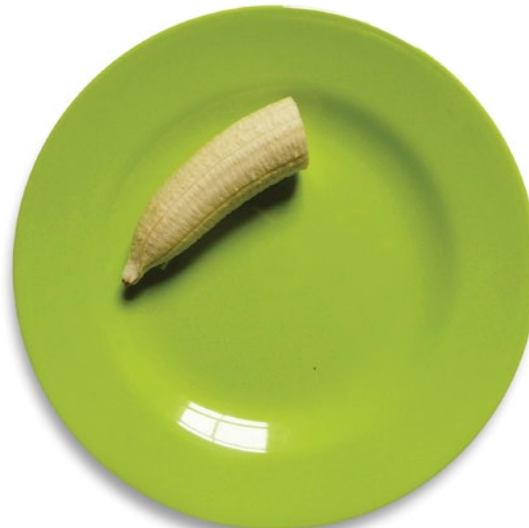
**Strawberries** 40g

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

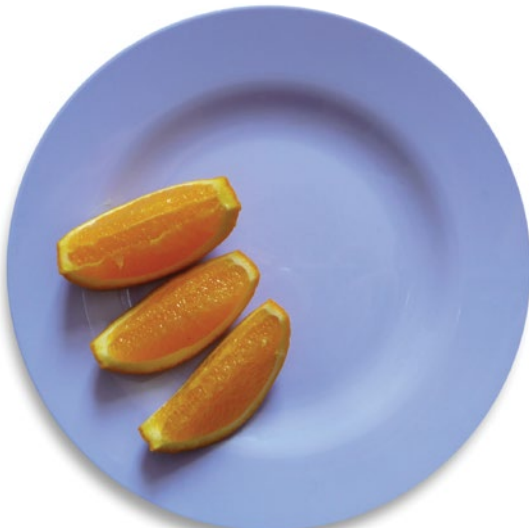
# BANANAS AND ORANGES



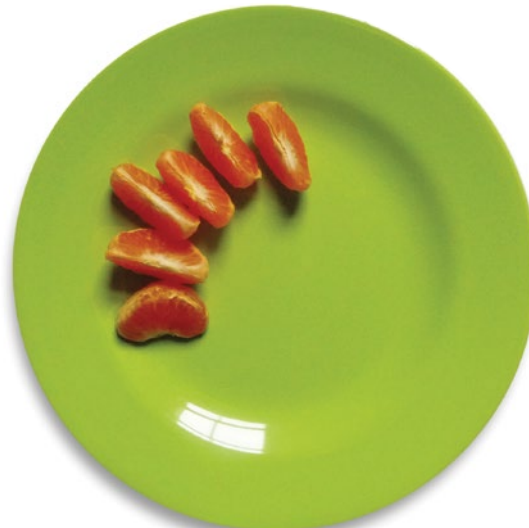
**Banana** 1/2 banana 40g



**Banana** 1/2 banana 40g



**Orange** 1/2 orange 40g



**Clementine** 1/2 clementine 40g



**Mandarins, canned in juice, served with juice** 70g



**Mandarins canned in juice, no juice** 40g

## STONE FRUIT



**Mango** 40g



**Nectarine** 40g



**Peaches canned in juice, served with juice** 70g



**Plums** 40g

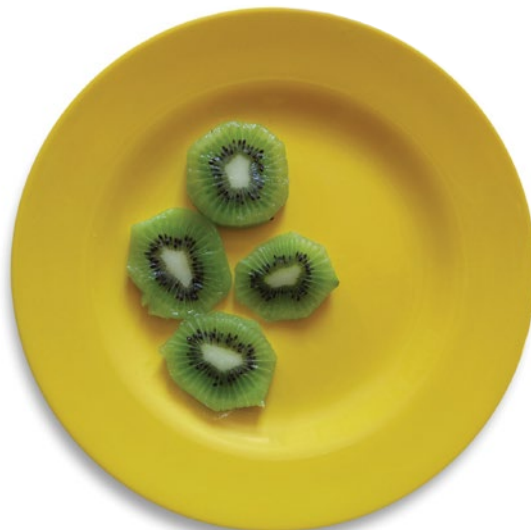


**Stewed plums with juice** 70g

**OTHER FRUIT**



**Grapes** 40g



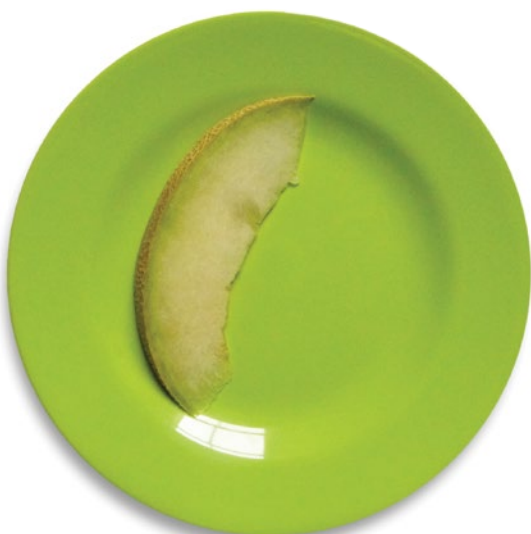
**Kiwi** 1/2 kiwi 40g



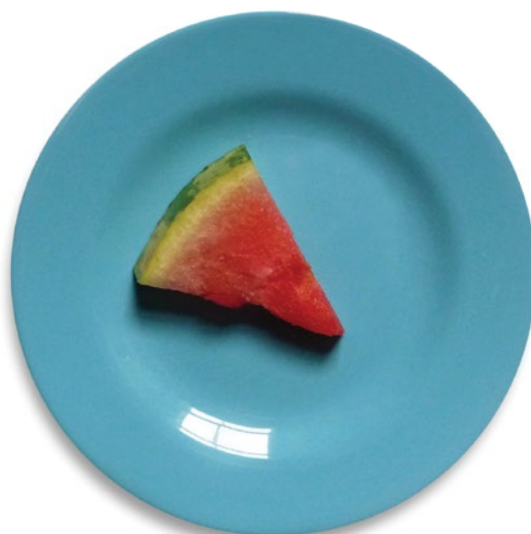
**Fresh pineapple** 40g



**Pineapple canned in juice, served with juice** 70g



**Melon** 70g



**Watermelon** 40g

# Milk and dairy foods, and plant-based milk alternatives

## How much to serve?

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

### DID YOU KNOW?

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

## Good choices

### Breastmilk

### Milk

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

### Plant-based milk alternatives

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

### Cheese

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

### Yoghurt and fromage frais

Choose plain, full-fat, unsweetened versions. Soya milk based or coconut milk based alternatives are available for those on dairy-free or plant-based diets.

## Notes

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

Avoid unpasteurised milk.

Avoid milk drinks with flavours and added sugar.

Avoid skimmed milk, 1% fat milk and drinks marketed as growing-up or toddler milks.

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

Most milk alternatives (including soya-based milk) are much lower in energy, and can be lower in some important nutrients, than animal milk, so care needs to be taken that the rest of the diet provides adequate energy and nutrients.

Choosing plant-based milk alternatives for very young children may compromise their energy and nutrient intake, and families should be encouraged to seek advice from their health visitor or GP.

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

Avoid yoghurts and fromage frais that have a high sugar content (often those with added bits, or mousse style). If the sugar content on a yoghurt or fromage frais label says it has more than 15g of sugar per 100g, it is a high-sugar option. It is preferable to add fresh fruit to natural yoghurt or fromage frais.



## MILK AND PLANT-BASED MILK ALTERNATIVES

### Breastfeeding

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

[www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/expressing-breast-milk/](http://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/expressing-breast-milk/)

### Formula milks

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

### Milk

Full fat or semi-skimmed cows', goats', sheep's or other animal milk can be the main milk drink from 1 year of age. Children should not have 1% fat or skimmed milk under the age of 5.

### Plant-based milk alternatives

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

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

### How much milk do 1 to under-5 year olds need each day?

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

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

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

### Soya milk alternative/soya drink

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

### Other unsweetened fortified plant-based milk alternatives and drinks

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

based milk alternative but may not be fortified with riboflavin. Oat-based milk alternatives will contain free sugars from the processing of the oats used. Nut-, coconut- and hemp-based milk alternatives can be low in energy and protein and may not have the same level of fortification.

Care needs to be taken when using these plant-based milk alternatives as the main milk drink for very young children, and families are encouraged to discuss their milk choice and child’s diet with a health professional.

Below we show the amount of milk needed to provide the same number of calories as from full-fat cows’ milk. Volumes will be higher if semi-skimmed milk is offered.

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



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

## Plant-based milk alternatives compared with cows' milk

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

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

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

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

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

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

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

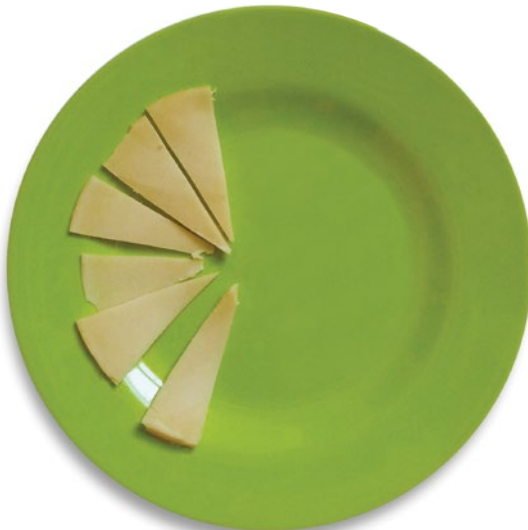
# CHEESE



**Cheddar cheese** 15g



**Cottage cheese** 30g



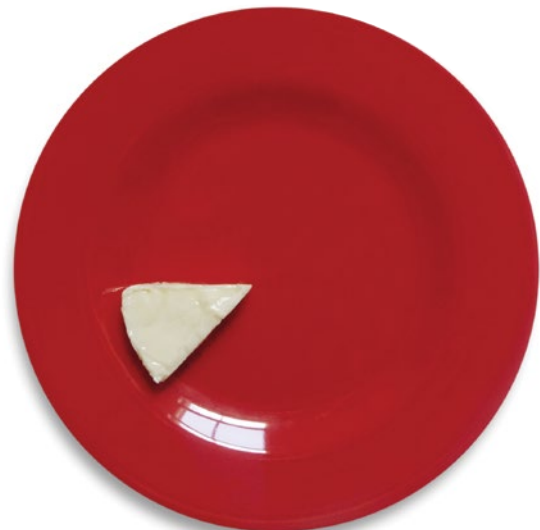
**Edam cheese** 15g



**Mozzarella** 20g



**Soft cheese** 20g



**Cheese triangle** 18g

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

# YOGHURT



**Plain yoghurt (full-fat)** 60g



**Greek yoghurt** 50g



**Soya yoghurt** 60g



**Coconut yoghurt** 50g

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

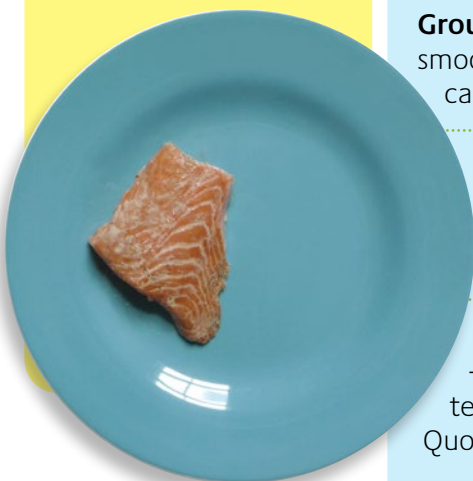
## How much to serve?

Main meals should always contain an item from this group.

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

### Where possible, choose unprocessed and minimally processed options.

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



## Good choices

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

**Fish** includes:

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

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

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

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

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

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

## Notes

Avoid processed meat and fish products such as crumb-coated products, burgers, pies, sausages and canned meats.

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

Make sure fish dishes are free of bones.

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

Look for canned pulses with no added salt and sugar.

Choose lower-salt and low-sugar baked beans.

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

# MEAT



**Chicken** 45g



**Pork** 40g



**Beef** 40g



**Minced lamb** 40g



**Turkey mince** 40g

# FISH



**White fish** 40g



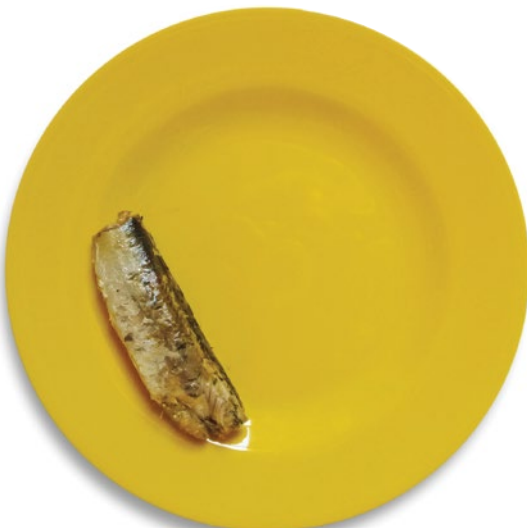
**Salmon fillet** 40g



**Canned tuna** 40g



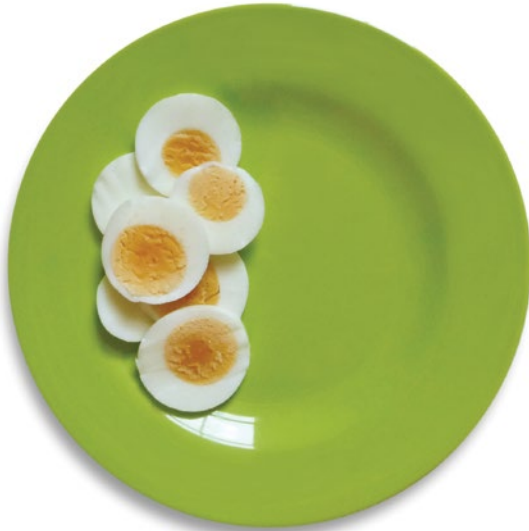
**Canned pilchards in tomato sauce** 50g



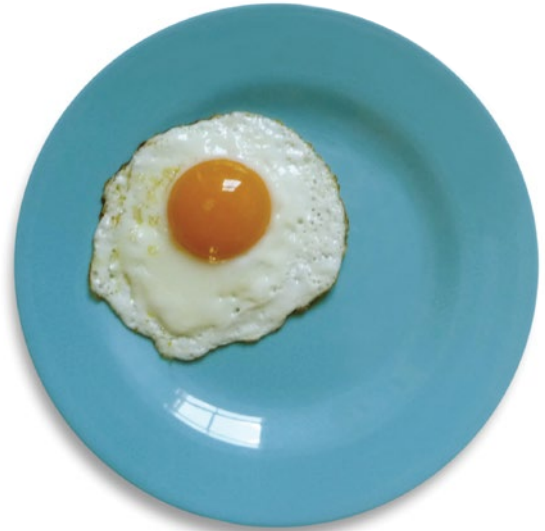
**Canned sardine** 40g

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

## EGGS



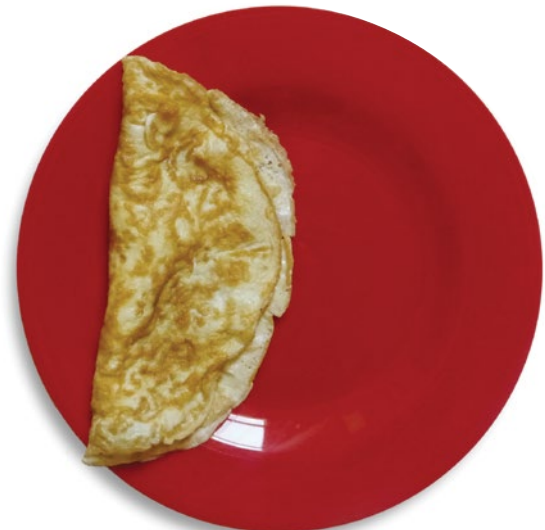
**Boiled egg** 50g



**Fried egg** 50g



**Poached egg** 50g



**Omelette** 50g



**Scrambled egg** 50g

## PULSES



**Butter beans (chopped)** 40g



**Cannellini beans** 40g



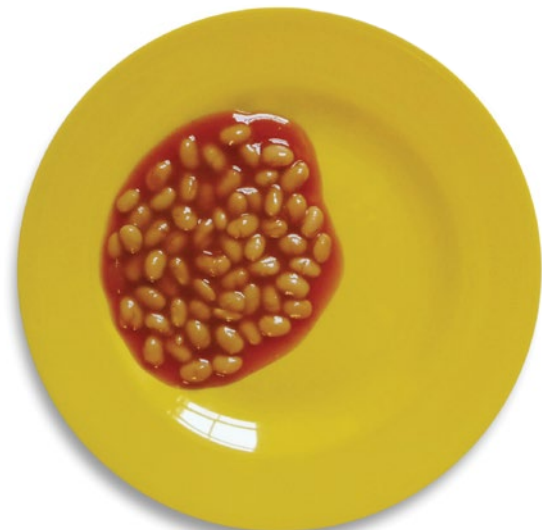
**Red kidney beans** 40g



**Soya beans** 40g



**Mixed beans** 40g



**Baked beans** 55g

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

**PULSES**



**Chickpeas** 40g



**Humous** 40g



**Mini falafels** 40g



**Green lentils** 40g



**Red lentils** 40g



**Dahl** 50g

**NUTS AND SEEDS, AND THEIR PRODUCTS**



**Peanut butter** 15g



**Cashew nut butter** 15g



**Sunflower seeds (crushed)** 20g



**Tahini** 15g



**Pumpkin seeds (crushed)** 20g

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

# MEAT ALTERNATIVES



**Quorn mince** 50g



**Quorn pieces** 50g



**Soft tofu** 50g



**Tofu pieces** 50g





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