

Balancing your plate

Children Under 2

Children under 2 need a healthy balance as shown on the Eatwell Guide but with some differences:

- fewer starchy carbohydrates** such as potatoes, bread, rice, pasta and chapattis
- less fibre** – so give children fewer wholegrain carbohydrates
- more dairy** or calcium enriched alternatives such as soya milk
- more fat** – give full-fat milk to drink from 12 months to 2 years alongside breast milk if breastfeeding
- less salt** – don't add salt to food and avoid pre-processed food that is high in salt

Children Aged 2 to 5

Between the ages of 2 and 5 children gradually move to eating the same foods as the rest of the family in the healthy balance shown on the Eatwell Guide.

