

Happy, Healthy Kids

By encouraging the whole family to enjoy eating healthily and being active together will help your child maintain a healthy weight.

A well balanced diet includes:-

- Aim for 5 portions of fruit and vegetables - this can include fresh, frozen, canned, chilled, 100% juice and dried fruit.
- Try to include wholegrain (brown) varieties of bread, rice and pasta. Serve potatoes a variety of ways, for example, boiled, mashed or jacket potatoes.
- Milk is a great source of calcium, which is essential for healthy teeth and bones. To make milk more exciting why not add fresh fruit and/or yoghurt and blend to a smoothie. (Calcium is also found in cheese, cheese spreads, yoghurts and fromage frais)
- Protein is essential for healthy muscles and growth. Sources of protein include meat, fish eggs and beans.
- We all love foods that are high in fat and sugar, such as cakes, biscuits, sweets, crisps and fizzy drinks. **These should just be eaten as a special treat and in a small amount.**

(Use the eatwell plate to help you get the right balance, the colours show how much of what you eat should come from each food group)

(eatwell.gov.uk) A good diet helps a child to maintain a health weight, improves growth and protects against life threatening illnesses. It can also improve concentration and behaviour.

Count To 5.

What counts as one portion of fruit and veg?

Examples include:

Vegetables:

- 2 Broccoli spears
- 8 cauliflower florets
- 4 heaped tablespoons cabbage or green beans
- 3 heaped tablespoons of Carrots, peas or sweetcorn

Salad vegetables:

- 3 sticks celery
- Cube cucumber
- 1 medium tomato
- 7 cherry tomatoes

Tinned/frozen Vegetables:

- 3 heaped tablespoons carrots
- Peas
- Sweetcorn

Fresh Fruit: (1 medium sized piece of fruit)

- Apple, pear, banana, orange
- 2 Kiwi fruit
- 2 plums
- 2 satsumas
- 3 apricots
- 14 cherries
- 7 strawberries
- $\frac{1}{2}$ grapefruit
- 1 large slice pineapple
- 1 slice melon
- 2 slices mango

Dried fruit:

- 1 tablespoon raisins,
- " " currents
- " " sultanas,
- " " mixed fruit,
- 2 figs,
- 3 prunes

Tinned fruit:

- 2 pear halves
- 2 peach halves
- 6 apricot halves
- 8 segments grapefruit

1x150ml glass of 100% fruit juice. (Juice only counts as 1 portion no matter how much you drink)

Although potatoes don't count towards your 5 A DAY, they do play an important role in your diet. They are classed as a starchy food, because when eaten as part of a meal, they are usually used in place of other sources of starch such as bread, rice or pasta.

Snack Ideas:

Snacks should be low in sugars.

- Plain Biscuits eg Rich tea, digestives, fig rolls, cereal bars
- Tea cakes, currant buns, malt loaf, fruit or plain scones
- Crunchy bread sticks or crackers with fromage frais or cheese spread dip
- Toast squares, crumpets or bagels without margarine/butter but Marmite/Bovril
- Fresh, tinned or dried fruit. eg peaches, pears, apricots, pineapple, bananas, grapes etc
- Raw vegetable sticks eg cucumber, celery, carrots, peppers, cherry tomatoes
- Yoghurts/fromage frais
- Cubed cheese
- Cheese spread triangles.
- Plain popcorn
- Milk shakes made with fruit (not sweetened milkshake powder)

Family Time:

- Make it a family time. Sit together at the table or somewhere similar to enjoy mealtimes. TV, computers games or PC's are a distraction whilst trying to eat. Turn them off!
- Children thrive on routine. Keep mealtimes at regular times.
- Chat and listen! This is an ideal time to talk about your day
- Set realistic targets. If it is not possible to sit together for every meal time, set a target that can be achieved i.e 3 times a week
- Set a good example. Try and eat healthy foods and try not to comment about foods you dislike.
- Kids tend to eat up if they can serve themselves or help. Little ones can help prepare the food, set the table, call everyone for mealtime, time the cooking with an egg timer etc.

Normal Eating is...

- Eating a meal 3 times a day
- Overeating every now and then
- Enjoying takeaways/fast food as a treat occasionally.
- Under eating on occasions
- Eating both "good" & "bad" food every so often without feeling guilty
- Being flexible when eating so it doesn't interfere with work, study or social events
- Have a variety of foods without feeling guilty
- Not following a strict diet! Allow small treats!

Dieticians Portsmouth Hospitals NHS Trust

Portion Sizes:

These pictures are a rough guide to portion sizes:



3oz cooked chicken
or meat



1 cup cooked rice
or pasta



1oz cheese



medium piece of
fruit



1 Teaspoon
butter or margarine



1 medium Jacket
potato



Small fist per portion
vegetables



2 tablespoons
jam, salad dressing
peanut butter

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