

Healthy toddler diet

The sooner we start building a healthy toddler diet the better. Here are some nutrition building blocks for a bright and healthy child.

- ✧ Avoid too much sugar, salt or saturated fats, and too many wholegrains (it's best to gradually introduce more wholegrains after 2 years of age).
- ✧ Offer a variety of foods, to train your toddler's taste buds.
- ✧ Aim for 2-3 portions of milk and dairy (or suitable plant-based substitutes) a day.
- ✧ Aim for 5 portions of fruit and veg a day. They can be fresh, frozen, raw, cooked, canned, juiced or even dried.
- ✧ Aim for 2-3 portions of lean meat, fish or vegetarian alternatives for toddlers a day.
- ✧ Aim for 5 portions of starchy carbohydrates a day. Keep the portions toddler-sized to avoid over-filling your little one.
- ✧ Choose unsaturated fats from vegetable sources (e.g. rapeseed or olive oil) instead of saturated fats from meat and dairy products.
- ✧ Growing minds and bodies use up their reserves quickly. Keep your toddler topped up with 2-3 healthy snacks a day.
- ✧ Aim for 6-8 drinks a day. Water and unflavoured milk (or unsweetened calcium-fortified plant-based alternatives like soya or oat milk) are best.
- ✧ It's recommended that all children (from 6 months of age) have a daily supplement with vitamins A, C, and D until they're five years old, unless they're having more than 500ml (about a pint) of formula per day.