

HEALTHY EATING

HOW CAN I HELP MY CHILD EAT A BALANCED DIET?

- Eat at least 5 portions of fruit and vegetables every day.
- Eat a variety of foods from the 4 main food groups so that your child gets the correct nutrition and energy.
- Where possible, choose wholegrain or wholemeal varieties.
- Keep the amount of added sugar they have to a minimum. Added sugar is found in fizzy drinks, juice drinks, sweets, cakes and jam.
- Be aware of food labels and look at the traffic light system on packaging.
- Drink plenty of fluids, 6 to 8 cups or glasses a day of water, milk or sugar-free drinks. Juice and squash should only be offered at meal times.
- Give your child the correct portion size.

Children's food preferences and appetites vary from day to day so let your child decide how much to eat and keep offering new foods alongside familiar favourites.



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