

At the cornerstone of nutrition for children is the idea of balancing their meals. Ideally children should be getting a variety of nutrients from all of the main food groups. However, in practice knowing what this is and doing it can be easier said than done. For children principles applied are similar to that of adults although the portions WILL be smaller. We like to apply our 5, 4, 3, 2, Now and Again principle for simplicity, so here it is...

## The 5,4,3,2, Now and Again Principle<sup>1</sup>

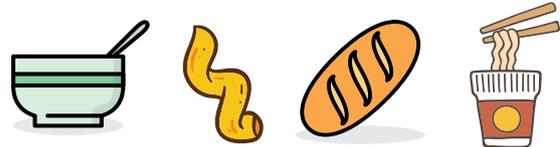
5

Portions of Fruit and Vegetables  
*This includes fresh, frozen, canned and dried fruit, vegetables and pulses.*



4

Portions of Starchy Carbohydrate  
*This includes bread, potatoes, rice, pasta, noodles, couscous and breakfast cereals.*



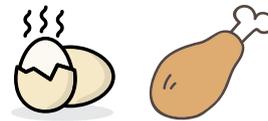
3

Portions of Dairy (or dairy alternatives)  
*This includes milk, cheese, yogurt, fromage frais, low sugar custard, low sugar rice puddings and suitable non-dairy alternatives.*



2

Portions of Proteins  
*This includes beans, nuts\*, pulses, fish, eggs\*, meat and meat alternatives.*



Now and  
Again

Foods high in fat and sugar including crisps, chocolate, biscuits, sweeties and cakes.



*This can be applied once children are established eaters, typically from 1 year of age and up. Remember to apply appropriate children's portions when giving each of these food groups. You can find out more about this in our Little Portions Fact Sheet.*

\*Foods containing peanut and hen's egg can also be introduced from 6 months. The introduction of these needn't be different or delayed but if there is a history of allergies in the family these can be introduced in small amounts one at a time.<sup>2,3</sup> You can also visit [allergyuk.org](http://allergyuk.org) for more information.

### Please note

This fact sheet has been based on scientific evidence available at the time that it was written. The information contained in this commentary is not a substitute for medical advice or treatment. We recommend consultation with your doctor or health care professional if you have any concerns around your child's health.

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Further Information: [www.littlefoodie.org](http://www.littlefoodie.org)

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### References

1. Adapted from: Action for Children (2017) Eat Better Start Better: A Practical Guide. pp15.
2. Scientific Advisory Committee on Nutrition (2017) Draft Feeding in the First Year of Life Report. pp.13.
3. Further information in relation to allergens can be found at: [www.allergyuk.org](http://www.allergyuk.org)