

Healthy You!

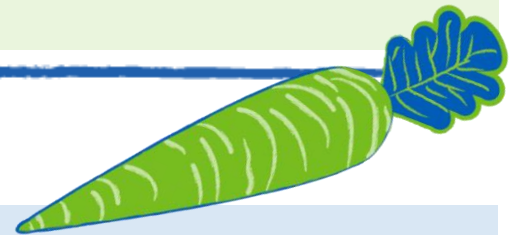
Getting it right – portion sizes and widening food choices

Issue 3, April 2023

Welcome to issue 3 of our Healthy You! newsletter.

Each issue, we'll be sharing some tips on how to keep you and your family healthy. This issue we are looking at portion sizes and how to help if your child is a fussy eater.

Tips for eating more fruit and veg



If your child says they don't like vegetables, try:

- Sweetcorn or baby corncobs
- Serving veg raw instead of cooked: carrot sticks, slices of pepper, cherry tomatoes
- Tomato sauce on pasta
- 'Bubble and squeak' (green cabbage and mashed potato mixed together)
- Stir-fry vegetables
- Vegetable soup
- Vegetable curry
- Grated carrot in salads

If your child says they don't like fruit, try:

- Canned fruit in juice (not syrup)
- Fruit smoothies: fruit blended with yogurt or fruit juice
- Fresh fruit milkshake made with skimmed milk and fruit
- Dried fruit like raisins, dates, apricots, pear or mango
- Fresh fruit jellies
- Home-made fruit ice lollies
- Fruit kebabs
- Blending frozen banana to make 'ice cream'

Fussy eating



The trick with fussy eating is not to worry about what your child eats in a single day or at each mealtime. Think about what they eat over the course of a week and keep offering a variety of foods. Here are some tried and tested techniques to help you.

- ✓ Offer small portions or allow your child to serve themselves. They may not like different parts of their meal touching and prefer to see each food clearly.
- ✓ Act as a good role model when choosing food and drinks for yourself..
- ✓ Remember that children's tastes change. Use the phrase "it's alright if you don't like it today" if a food is refused.
- ✓ Changing how you serve a food may make it more appealing. For example, your child may refuse cooked carrot but enjoy raw carrot.
- ✓ Try to make mealtimes enjoyable and not just about eating.
- ✓ Keep distractions to a minimum - switch off the TV at mealtimes.
- ✓ Avoid making your child finish everything on their plate or eat more than they want to.
- ✓ Establish a routine of regular meal and snack times, so that your child knows what to expect.
- ✓ Encourage children to become involved in choosing meals and cooking food.
- ✓ To increase vegetables in a meal, grate in carrots or blend some frozen vegetables into a sauce.

Keep trying! A new food can take 14-20 tries to be accepted.

Getting the balance right

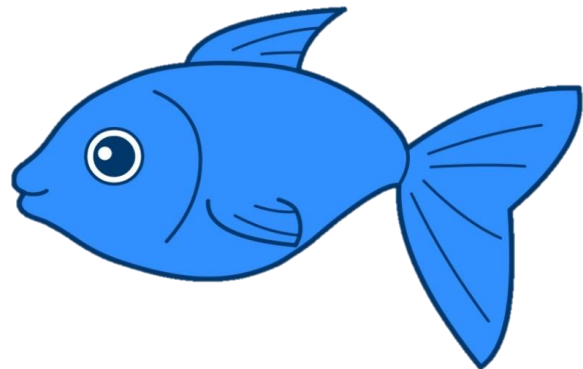


Eat the rainbow!

From the age of 5, children should have at least three different types of vegetable or salads every day in portions of 80g or more and at least two different types of fruit each day.

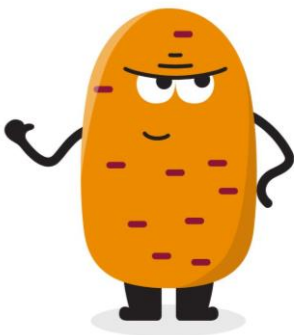
Protein Power!

Eat some beans, pulses, fish, eggs, meat and other proteins. Aim for at least two portions (2 x 140g) of fish a week, including a portion of oily fish.



Spud You Like!

Base meals on potatoes, bread, rice, pasta, or other starchy carbohydrates. Aim to choose wholegrain versions where possible.



Hands up!

The amount children should eat depends on their size and age. As a rough guide, 1 portion of fruit or veg is the amount they can fit in the palm of their hand.



Calorie needs

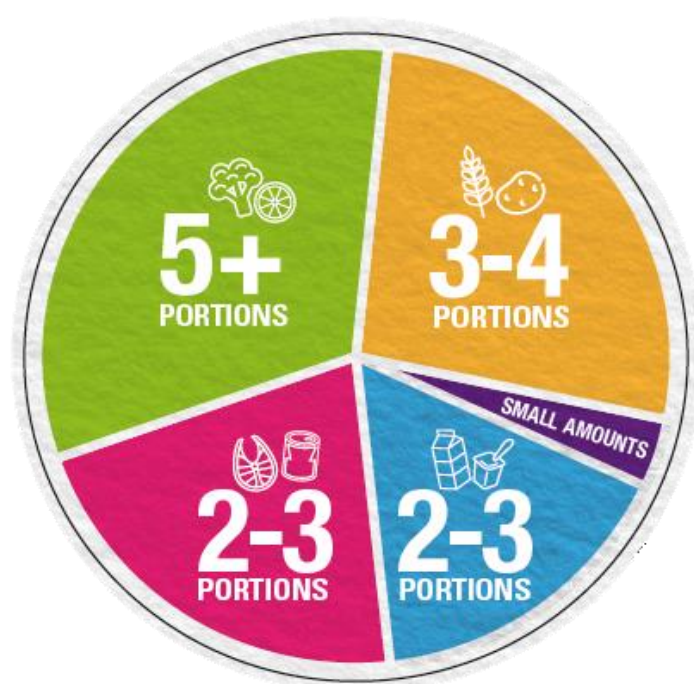
This chart is a rough guide to how much energy (or calories) we need each day from our food. But we all need different amounts depending on lots of things, including how active you are.

Daily Energy Requirement		
Age	Boys Kcal	Girls Kcal
1	765	717
2	1004	932
3	1171	1076
4	1386	1291
5	1482	1362
6	1577	1482
7	1649	1530
8	1745	1625
9	1840	1721
10	2032	1936
11 and over	2500	2000

Portion sizing

This chart shows how many portions of each food type we should aim for each day to maintain a balanced diet

 FRUIT AND VEGETABLES A variety of different types each day	5+
 STARCHY CARBOHYDRATES Potatoes, bread, rice, pasta and others	3-4
 PROTEIN FOODS Beans, pulses, fish, eggs, meat and others	2-3
 DAIRY AND ALTERNATIVES Milk, cheese, yogurt and alternatives	2-3
 UNSATURATED OILS AND SPREADS	SMALL AMOUNTS



Hints and Tips for a Healthy Lifestyle for Your Child

Keep Active

Dance to keep active!

Dancing is a great way to keep active!

Just 1

Pop on some music and get moving!

Dancing is fantastic for maintaining strong bones, improving posture and muscle strength, increasing balance and co-ordination, and beating stress.

You don't have to
about to



<https://www.nhs.uk/healthylifestyle/activechildren/>
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