

# A healthy balanced diet for children

| Food group   | Examples of food included  | Main nutrients provided   | Recommended serving  |
|--|--|---|--|
| Fruit and vegetables   | Fresh, frozen, canned, and dried fruit, vegetables, and pulses   | Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre | <b>At least 5 portions each day</b><br>Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks                 |
| Potatoes, bread, rice, pasta and other starchy carbohydrates | Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals | Carbohydrate, fibre, B vitamins and iron                          | <b>4 portions each day</b><br>Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day |
| Dairy and alternatives                                       | Milk, cheese, yoghurt, fromage frais   | Protein, calcium, and vitamin A                                   | <b>3 portions each day</b><br>Provided as part of meals, snacks and drink  |
| Beans, pulses, fish, eggs, meat and other proteins           | Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts  | Protein, iron, zinc, omega 3 fatty acids, vitamins A and D        | <b>2 portions each day</b><br>Provide a portion as part of lunch and tea (two to three portions for vegetarian children)                           |

