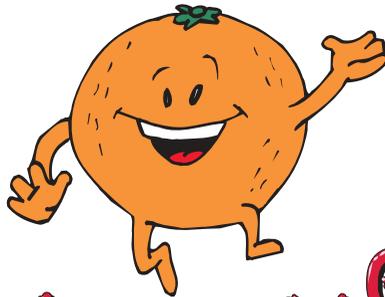


Name:

Dietitian:

Phone No.:

# HEALTHY



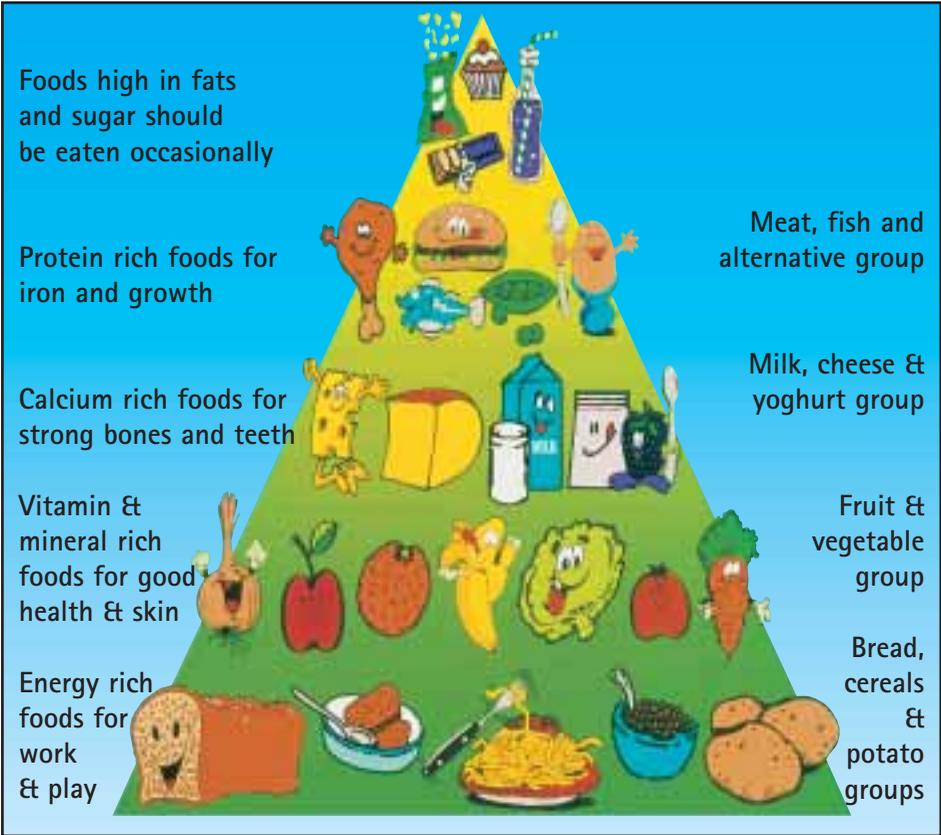
# EATING

*"Because children grow and develop rapidly they need eating habits in stay with them their chance to establish healthy childhood which will forever and influence of a healthier life."*



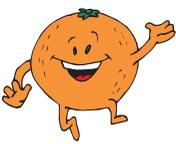
Produced by the Paediatric Interest Group of the Irish Nutrition & Dietetic Institute

# THE FOOD PYRAMID



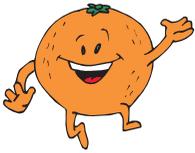
*Health Promotion Unit, Department of Health and children*

## Healthy Eating Strategy



The Food Pyramid can be used as a guide for selecting foods. The pyramid is divided into five food groups. Choosing a variety of foods from each shelf ensures that children have a balanced and healthy diet. Start with smaller helpings of foods and gradually increase according to the child's own growth pattern and appetite.

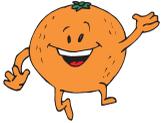
**USE A WIDE VARIETY OF FOODS FROM EACH GROUP**



# Menu Plan

Breakfast	Cereal with milk ..... slices of bread with small amount of butter/spread
Mid-morning	Fruit Milk/water/sugar-free squash
Lunch / Tea	Lean meat/Chicken/Fish/Cheese/Egg/ Beans/Peanut butter Vegetables or salad ..... slices of bread with small amount of butter/spread Fruit/yogurt/fromage frais Water/Milk/Unsweetened fruit juice
Mid-afternoon	Fruit Milk/Water/Sugar-free squash
Dinner	Lean meat/Chicken/Fish/Cheese/Egg/Beans Salad or vegetables Potatoes/Pasta/Rice Fruit (fresh, stewed or tinned without sugar)/ Yogurt/Custard/Milk pudding/fromage frais. Milk/Water/Unsweetened fruit juice
Bed-Time	Cereal with milk Fruit Bread and butter/spread Water/Milk/Sugar-free squash

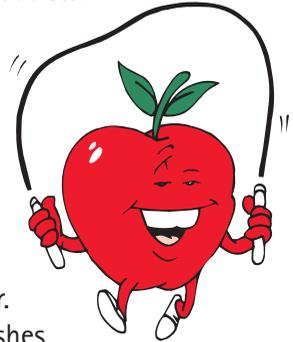
## Pointers to keep Healthy & Fit



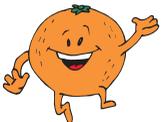
Healthy eating and exercise are good for **all** the family.

Eat less fatty foods. e.g. fried foods, skin on chicken, chips, crisps, roast potatoes, nuts, chocolate bars, toffee's, ice cream, cream, cakes, biscuits, foods in pastry and batter, salad cream, mayonnaise & dressings, extra butter and margarine.

- Choose 'Low Fat' varieties e.g. low fat spreads, low fat milk, low fat yogurt. Children under 5 years old need full fat dairy products.
- Have meals at regular times each day. Do not skip meals especially breakfast.
- Eat more fibre rich foods such as fruit, vegetables and salad.
- Drink plenty of fluids. Do remember water is an excellent thirst quencher. Other suitable drinks are milk and sugar free squashes. Diet drinks in moderation can be an alternative.
- Get some exercise e.g. walking, cycling, swimming every day, or try active sports with the school or club.
- Avoid using salt at the table / mealtimes.



## Snacks



If really hungry between meals try one of the following:

- Fresh fruit e.g. apple, banana, pear, orange
- Carton of yogurt or fromage frais
- Slice of wholemeal bread cut thickly, pitta bread, roll or scone
- Chopped vegetables e.g. carrot, celery, tomato.
- Bowl of unsweetened breakfast cereal and milk.
- Cheese cubes/triangles
- Plain popcorn
- Raisins/sultanas



Avoid snacking on sweets, cakes, and biscuits too often. Have them as occasional treats, and if taken then they should be part of a meal.

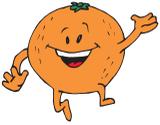


Avoid the regular intake of fizzy drinks because they are acidic. They can also lead to erosion of tooth enamel and cause tooth decay.

Pure fruit juices are an important source of vitamins in the diet. Although they do not contain sugar they are rich in fructose (natural sugar in fruit) and can also cause tooth decay. Because of this fruit juices should be taken with meals only.

## Constipation

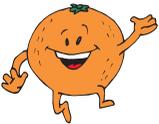
---



- Give drinks of water or sugar-free squash throughout the day.
- Encourage fresh fruit each day; eat the skin if edible. Give plenty of vegetables or salad.
- Encourage high fibre cereals for breakfast e.g. Wholegrain Cereals, Porridge
- Eat wholemeal bread.

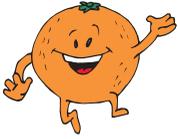
## Additives

---



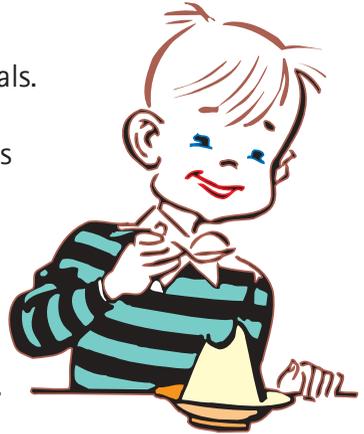
There is a lot said about additives in food. Only a very few children have reactions to them. If there is concern about additives for children, it is best to consult a doctor or dietitian. Restricting foods unnecessarily can be harmful.

## Food Refusal



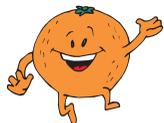
Food refusal is particularly common in children up to the age of 5 years, but may occur at any age. This is a worrying time for parents. *What can be done?*

- Offer regular meals and snacks, as this is better than letting children 'pick' through the whole day.
- Drinks should not be allowed to replace meals.
- Drinking fluids all the time will ruin a child's appetite for nutritious food.
- It is preferable that parents should eat at the same time as their child.
- Mealtimes should be an enjoyable occasion.
- Sit at the table if possible and use brightly coloured and attractive plates and cups.
- Try to eat in a calm relaxed area, without the television!  
Children are easily distracted.
- Try not to rush a meal, as some children may be slow to eat.  
Yet try not to let meals drag on for too long  
- A half hour is about right.



**Do remember to brush teeth  
after Breakfast and at Bedtime!**

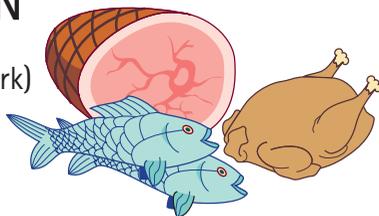
## Iron



Iron is important for growth and development of young children. Poor iron intake leads to anaemia, which can cause poor concentration, poor appetite, tiredness and a pale complexion. Vitamin C plays an important role in the absorption of iron by the body. It is necessary that food containing Vitamin C is included at mealtimes.

## GOOD SOURCES OF IRON

Red meat (beef, corned beef, lamb, pork)  
Liver, kidney, pâté  
Black pudding, beefburgers  
Chicken, turkey, fish



## OTHER SOURCES OF IRON

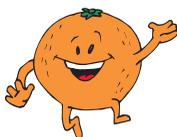
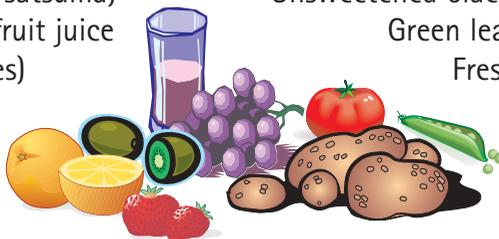
Eggs,  
Breakfast cereals fortified with iron.  
(Check label for iron and Vitamin C content)  
Green leafy vegetables  
Beans (baked beans) and lentils  
Wholemeal bread  
Dried fruit



## FOODS CONTAINING VITAMIN C

Citrus fruits (orange, satsuma)  
Unsweetened citrus fruit juice  
Red fruit (strawberries)  
Peach, nectarines  
Blackcurrants  
Kiwi fruit

Unsweetened blackcurrant juice  
Green leafy vegetables  
Fresh/frozen peas  
Potatoes  
Tomatoes  
Green pepper



A final word – The tannin in tea and coffee prevents iron absorption

# NOTES



April 2003