



Ideas for meals **Fussy Eating**

Involve children in meal preparation to encourage creativity and openness to new food choices.

Establish a meal schedule and provide a variety of foods.



Breakfast

- Cereal with milk or yoghurt
- Oats with yoghurt and fruit
- Toast and butter/jam/peanut butter or hummus
- Bagel with eggs/bacon/sausage/cheese/mushrooms/
- Yam or plantain with eggs
- Egg paratha
- Croissants



Do not offer alternatives if meal is refused!

Lunch

- Beans on toast
- Sandwiches (cheese/egg mayo/ham and tomato/peanut butter/tinned salmon/paneer or mackerel)
- Soup - tinned or home made
- Noodles or rice with chicken/chickpeas/beef
- Dahl or honey beans with bread or plantain

To follow:

- Veggie sticks and hummus / mayonnaise
- Yoghurt or beans pudding

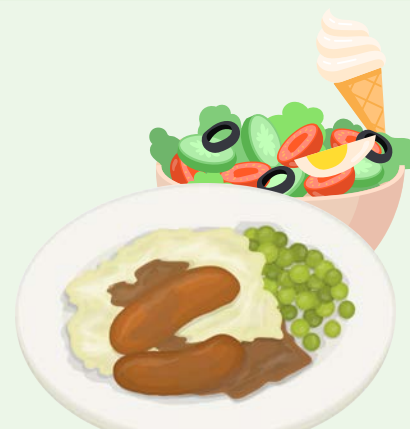


Dinner

- Pasta e.g. spaghetti bolognese/macaroni cheese/pesto
- Chapatti, rice and curry (vegetable or meat)
- Fish fingers, mashed potatoes and vegetables
- Bean chilli
- Vegetable fried rice/biryani

To follow:

- Ice cream, custard or rice pudding
- Fruit kebabs
- Lassi milk drink or plantain chips



Snacks

Offer snacks in small portions to prevent overeating before meals

- Cheese cubes +/- crackers
- Sandwich triangle
- Pancake / muffin
- Breadstick / pitta pocket
- Chopped fruit / fruit kebab
- Plain yoghurt

Encourage children to play with food!



All children under age of 5 should be given vitamin D drops daily. In NHS GGC, all children under 3 can get FREE vitamin drops - Get them at the chemist or ask your health visitor.