

Meal & Snack Ideas

Breakfast

- Breakfast cereals and milk
- Toast with butter/margarine/peanut butter & milk
- Hard boiled or scrambled egg on toast

Lunch

- Baked beans on toast
- Sandwiches with, e.g.: peanut butter, hummus, ham/cheese & tomato. Cut in to bite-size shapes
- Cheese and tomato on toast
- Lentil soup and bread
- Follow with yoghurt/fromage frais and/or fruit

Evening meal

- Pasta e.g. macaroni cheese/spaghetti Bolognese
- Chapatti/rice and curry.
- Shepherds pie/Fish fingers/fish cakes with vegetables and some potatoes.
- Follow with rice pudding/custard and/or fruit.

Nutritious snacks

- Cubes of cheese and crackers
- Sandwich triangle with cheese or ham or tuna
- Pancake with butter
- A cup of milk
- Breadsticks or sliced pitta breads with peanut butter or hummus or soft cheese.
- Chopped fruit/fruit kebabs

(discourage your child from filling up on these)

Faddy Eating Advice for Families



Dietitian _____

Contact _____

Many children go through phases of refusing meals or being more picky with food, which often starts about age 2. This is a normal part of growing up but it can be worrying for parents. Children may need less to eat than you think. Children have good and bad days regarding their food but usually get enough nutrition for growth.

Learning to eat a more varied diet can take time but here are some tips to start with:

- Eat together as a family as often as possible as children learn from adults and other children.
- Offer regular meals and healthy snacks. Young children often need 3 meals and 2-3 nutritious snacks each day.
- Allow at least 90 minutes between meals and snacks, and discourage your child from constantly grazing on any food or drink.
- Don't worry if your child doesn't eat anything at a meal time – they won't starve and are likely to eat better at the next opportunity. Don't offer alternatives.
- Offer 2 courses at each meal (a savory and a sweet course, e.g. milky pudding).
- Try not to rush the meals as children may be slow to eat, however, avoid letting meals last longer than 20 – 30 minutes.
- Avoid distractions at mealtimes and try making it an enjoyable social occasion.

- Offer new foods regularly even if refused at first. It can take children more than 10-15 tastes of a new food before they accept it.

- **Do not take the food away or offer a completely different meal.** Wait until the next meal or snack time.

- Make food fun by varying the texture and colour of meals, and try getting the child involved in simple meal preparation.

- Offer younger children some finger foods and encourage self feeding. **Mess is good!**

- Offer gentle encouragement. **Never force feed this can worsen the problem and make mealtimes more stressful.**



- Ensure your child is not consuming large amounts of fluids, especially milk or juice, or eating too many yoghurts/snacks, as this will reduce their appetite for meals; 6-8 drinks of water or sugar-free diluting juice daily is enough.



- Limit milk to about 300mls daily
- Limit fruit juice or smoothies to one cup daily (served preferably with meals).
- Restrict yoghurts to 1 or 2 each day

- **Vitamin D recommendations:**

- All children under age of 5 should be given Vit. D drops daily

- Over the age of 5, everyone needs to take the supplements from October to March

In NHS GGC, all children under the age of 3 can get FREE vitamin D drops – ask your health visitor or at the local chemist.