



TOP TIPS!



Top Tips for Healthy Eating (Babies)

1. Feeding your baby from 0-6 months

Your baby only needs breast milk or formula under 6 months, check with your health visitor or GP first if you want to introduce weaning before.

2. Introducing your baby to solid food – weaning.

Weaning should start when your baby is around six-month-old. This is an important step in their development, and it can be great fun to explore new textures together.

3. Waiting until your baby is ready.

Waiting until your baby is six-month-old before starting the weaning process is recommended as it gives their digestive system time to develop fully so it can cope with solid foods.

4. Quality over quantity.

When you decide to start weaning, it's less important with how much your baby is taking but more to get them used to the idea of eating and the various new textures. Don't worry if they only take a few spoonfuls as they will still get most of their nutrition from their breast or formula milk. Gradually, you will be able to increase the amount and variety of food until they can eventually eat the same as the rest of the family (in smaller portions).

5. Every baby is an individual however there are some signs that, together, show your baby may be ready to begin the weaning process alongside their milk:

- They can stay in a sitting position and hold their head steady.
- They can co-ordinate their eyes, hands and mouths so they can look at the food, pick it up and put it in their mouth, all by themselves.

Some signs that can be mistaken for your baby being ready for weaning are:

- Chewing their fist
- Waking in the night when they have previously slept through
- Wanting extra milk feeds

These are normal behaviours and not necessarily a sign of hunger.

6. When you are ready to start weaning with your baby, always make sure that you stay with them while they are eating in case they start to choke.

- Let your baby enjoy touching and holding the food
- Let your baby feed themselves, using their fingers, as soon as they show an interest.
- Don't force your baby to eat – wait until the next time if they're not interested.
- If you're using a spoon, wait for your baby to open their mouth before you offer the food.
- Don't add salt, sugar or stock cubes to your baby's food or cooking water.

7. Babies and food allergies

While variety in your baby's diet is important, there is a chance they may be allergic to certain foods. Therefore, it is important to introduce cow's milk, eggs, wheat, gluten, nuts and fish one at a time and not before six months.

8. What milk?

- From around six months your baby should only have breast or formula milk.
- Whole cows' milk can be mixed with food from six months and can be given as a drink from one year.
- Infant formula or follow-on formula are not needed once your baby is 12 months.
- If your child has an allergy or intolerance to milk, talk to your health visitor or GP.



TOP TIPS!



Top Tip Food Guide for Healthy Eating (Babies)

0-6 months

1. First Foods

Your baby's first foods can include mashed or soft cooked fruit and veg such as parsnips, potatoes, carrots, apples and pears. Soft foods like baby rice or baby cereal mixed with your baby's usual milk, are good too. Keep feeding your baby milk too, but don't give them whole cows' milk as a drink until they are one year old.

2. Finger foods

Finger food is food that is cut up into pieces big enough for your baby to hold in their hand. Pieces about the size of your own finger work well too.

3. Next foods

Once your baby is used to trying soft fruits and veg, they can start trying other soft cooked foods such as chicken, mashed fish, pasta, noodles, toast etc. They can also have full fat dairy products such as yoghurts and custard. Remember to choose foods with no added sugar. Whole cows' milk can be used in cooking or mixed with food from six months.

4. Cups

Introduce a cup from around six months and offer water with meals. Using an open cup or a free-flow cup with help your baby learn to sip and is better for their teeth.

12 months

5. Your baby can now drink whole cows' milk. Choose full-fat dairy products as children under two need the extra fat and vitamins.
6. Your baby will now be eating three meals a day and now be introduced to cows' milk and healthy snacks like fruit, toast and rice cakes.

Weaning can be a nervous time for parents, here is a guide to helping a choking baby
<http://www.nhs.uk/Conditions/pregnancy-and-baby/pages/helping-choking-baby.aspx>

More information on foods to avoid when weaning
<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/foods-to-avoid-baby.aspx>

Food allergy for babies
<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/food-allergies-in-children.aspx>

More information on types of food to use when weaning
<http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/understanding-food-groups.aspx>



TOP TIPS!



Top 10 Tips for Healthy Eating (Toddlers)

1. Try to keep a routine.

Top Tip - Toddlers will eat best when they have a routine of three meals and two to three snacks per day planned around their sleeping pattern.

2. Keep hydrated

Top Tip - Give your toddler between six and eight drinks per day to ensure adequate hydration that is, a drink with each meal and snack. The best drinks to give between meals and snacks are water or milk.

3. Spend time with your child at meal times

Top Tip - Eat together whenever you can. Kids copy parents, brothers, sisters and friends – so when they see other people happily eating lots of different, healthy foods, they'll follow suit.

4. Remember your 5 a day

Top Tip - If your toddler does not like eating fruit or vegetables, disguise the taste of these and add vegetables to stews or mash carrots up with mashed potato, make food collages, broccoli florets for trees, cauliflower for clouds sweetcorn for a sun.

5. Cut down on sugary snacks

Top Tip - Swapping sugary snacks and drinks for ones that are lower in sugar can make a huge difference to kids' calorie intake, switch sweet snacks to snacks like fresh or dried fruit, breadsticks or rice cakes instead of sweets or biscuits.

6. Make mealtimes a positive experience

Top Tip - Give small portions and praise your child for eating, even if they only manage a little.

7. Variety is important

Top Tip – Try to introduce one new piece of food per week and reward your child for trying it. You can also offer fruit in a variety of forms, textures and shapes. Experiment with frozen, freeze-dried, canned, fresh and dried fruit.

8. Get your child involved with meal planning.

Top Tip - Involved your child in food shopping and preparing meals, this will promote independence and teach them about different foods.

You can find lots more tips and guidance on Healthy Eating on NHS website:

<http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx>

If your child is having frequent difficulties relating to meal times and food, try keeping a food diary for at least one month, if the problem persists and you can't find the cause, please contact your GP.



TOP TIPS!



Top 10 Tips for Healthy Eating (Children)

1. Keep things positive, children love to hear what they are doing well!

Top Tip: It might take time to find which food works best for you and your child, try to celebrate achievements and successes associated with meal times.

2. Sugar swaps are great for encouraging healthy eating.

Top Tip: Create a game to see who can do the most sugar swaps in a week e.g. switch snacks to fruit instead of sweets or crisps, swap fizzy juice for water or milk, swap sugary cereals for toast or cereals with lower sugar and record the progress on a chart.

3. Children respond well to routine, having regular and consistent meal times will support your child.

Top Tip: Try to organise your day around 3 regular meal times and try to ensure they don't skip breakfast.

4. Remember "ME" sized portions, although children are growing they have much smaller tummys than adults.

Top Tip: Serve smaller portions and allow them to ask for more if they still feel hungry, this will allow you to celebrate when they finish their first serving rather than having to tell them to finish what's on their plate.

5. Monitor the number of snacks that your child is having.

Top Tip: Reward your child with an activity, a trip to the park or a sticker rather than sweets, we all love to give our kids what they want but sometimes it's kinder to say no.

6. "Five – a – day" - giving your child 5 portions of fruit and veg a day can be done in so many days, encourage them to drink a glass of unsweetened fruit juice or a smoothie before they start their day.

Top Tip: Cheer up their lunch box, draw a smiley face on their banana skin or use low fat cream cheese to stick fruit and vegetables together to create something that will make them smile.

7. Include your child in meal planning.

Top Tip: Talk to your child about food, ask them to help you do the shopping and discuss what is healthy and why you are cooking it, this will help them to understand and learn about healthy living.

8. Spend time with your child at meal times.

Top Tip: Try to eat together where possible, and even try cooking together once a week.

9. Cut back fat from your meals.

Top Tip: You can grill or bake food rather than frying it and you can also try literally cutting the fat off, trim off any fat that you see from meat before cooking it.

10. Variety is important, always encourage your child to try new things and try not to serve the same meal more than twice in one week.

Top Tip: Try to introduce one new piece of food per week and reward your child for trying it, we don't all like every type of food but remaining consistent will allow you and your child to explore different tastes together.

You can find lots more tips and guidance on Healthy Eating on NHS website:

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TOP TIPS!



Top 10 Tips for Healthy Eating (Young People)

1. Try to avoid skipping breakfast!

Top Tip: If you find that you're struggling to find time to make breakfast, have a fruit based breakfast bar so that you can eat on the go, or prepare a pot of fruit before you go to bed so that you can eat it as you travel.

2. Stay hydrated!

Top Tip: Aim to drink six to eight glasses of fluid a day, water and low fat milk are recommended choices. Add fruit to your water to add flavour.

3. Keep your iron topped up, if you often feel tired your iron levels could be low. Teenage girls are particularly at risk because they lose iron during their period.

Top Tip: Be aware of what's in your food; red meat, seafood, beans, peas, dried fruit and iron fortified cereals, breads and pastas are all great for boosting your iron levels.

4. Does eating make you feel guilty, anxious or upset? An eating disorder is serious and not something anyone should deal with on their own.

Top Tip: Talk to someone you trust, your parent, youth worker, teacher or GP. You can write your feelings down if you prefer and pass this to your trusted person.

5. "Five – a – day" – it's important that you try to have 5 portions of fruit and veg each day, drink a glass of unsweetened fruit juice or a smoothie before they start their day and you're already one down.

Top Tip: Team up with your peers to help each other keep track of how many you have achieved, join pupil councils and youth representative programmes so that you can suggest changes to meals and snacks that are provided which may help others achieve their 5-a-day goal!

6. Plan your meals with your parents/ carers.

Top Tip: Talk about food, ask if you can help to do the shopping or write a list and discuss what is healthy, what you like and what you don't like.

7. Prepare at least one meal per week.

Top Tip: Try to eat with others where possible whether this be your friends or family. Take responsibility for preparing one meal for someone every week, it doesn't matter if it doesn't work out how you planned, you will learn a lot from the process.

8. Cut back fat from your meals.

Top Tip: You can grill or bake food rather than frying it and you can also try literally cutting the fat off, trim off any fat that you see from meat before cooking it.

9. Variety is important, always push yourself to try new things and try not to eat the same meal more than twice in one week.

Top Tip: Try to introduce one new piece of food per week to your diet, we don't all like every type of food but there will be things that surprise you!

10. Avoid using Fad Diets, they don't always do what they say on the tin!

Top Tip: Always talk your diet plans through with someone you trust so that you can make sure your diets balanced, healthy and is the right one for you.

You can find lots more tips and guidance on Healthy Eating on NHS website:

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