

Information on Fruit and Vegetables

Fruit and vegetables - these contain vitamin C, and other protective vitamins and minerals, as well as fibre. A portion size for a toddler is what would fit in the palm of their hand. Remember it is the wet weight of fruit that counts so one or two small dried apricots could be a portion.

TIPS for healthy snacking habits

- Try not to give snacks within the hour before a main meal is going to be served. This can dull the appetite and mean your child won't eat as well at the main meal.
- Sometimes, especially late afternoon, your child can pester you constantly for food. Rather than giving a steady stream of snacks consider moving their meal forward to an earlier time. If you can't move dinner forward, you may need to factor in an additional snack at about 4pm so they can stretch out to a later dinner - it is better to have a planned snack at this time, than a grizzly child round your ankles!
(www.kiwifamilies.co.nz)
- If it's not in your cupboard you and they can't eat it.
- Take healthy snacks with you so you are not tempted to buy 'quick' options to appease your toddler when you are out and about.
- To **avoid weight gain**, keep portions small; remember snacks are often bagged as an adult portion.
- It is advisable to not allow your child free access to food - watch what they eat. If they are hungry offer fruit or vegetables first.
- Plan ahead and **buy healthy snacks at the supermarket** - you will save money and will make better choices.
- **Combine snacks from at least two food groups**, like a protein and a carbohydrate, to pack more nutrients into your child's diets - it will be more filling and will tide them over until their next meal.

If chosen carefully, snacks can promote good health by supplying nutrients without adding too many calories. **Remember:** Space snacks far enough away from meals so appetites are not spoiled!

Drinks (www.eatwell.co.uk)

In between meals the ideal drink is water or milk. It is best not to give sweet drinks such as sugary fizzy drinks and fruit squash because they cause tooth decay. If you do give fruit squash or sugary drinks, make sure they're well diluted with water and drunk at mealtimes. Tea and coffee are not appropriate drinks for a toddler as they can block the uptake of iron.