



Berkshire Healthcare NHS Foundation Trust
Royal Berkshire NHS Foundation Trust

Helping children (over 1 year) make the most of what they eat

Information for parents & carers

Name _____

Your Dietitian _____

Date _____

Dietitian contact number: 0118 322 7116

If your child cannot manage to eat enough food or has higher energy needs, they may need to eat differently to make sure they are getting everything they need to grow.

Five tips that can help

1. Offering a combination of foods from each food group will help to give your child all the nutrients they need. Try to encourage a variety of foods every day, including some from each food group:
 - Protein foods: Meat, fish, chicken, well-cooked eggs, beans and pulses 2 servings a day.
 - Milk & dairy foods: Full fat milk, yoghurt & cheese 3 servings a day.
 - Starchy foods: Bread, cereals, rice, potatoes, pasta, noodles serve with all meals.
 - Fruit & vegetables: Including fresh, tinned, stewed or frozen varieties.
 - Foods containing sugar and fat: offer more of these as they are good sources of energy.
2. Offer three small meals and three snacks between meals a day. Sweet snack ideas: (these could also be used as puddings):
 - Toasted bread fingers with butter and jam, honey (not before the age of 1 year), peanut butter (if not allergic), chocolate spread (if not allergic as may contain nuts).
 - Biscuits spread with any of the above.
 - Small sandwiches with any of the above.
 - Slice of cake/muesli style bar/doughnuts/pastries.
 - Crumpet/scone or malt loaf with butter.
 - Milk pudding e.g. custard/rice pudding/crème caramel.
 - Full fat yoghurt, fromage frais or ice cream.
 - Instant desserts e.g. Angel Delight/supermarket own-brand.
 - Fruit with cream or custard.
 - Dried fruit with nuts (if not allergic, please note whole nuts may cause choking in children under 5 years).



Savoury snack ideas:

- Hummus with bread, toast, pitta bread or breadsticks.
- Small sandwiches with full fat cheese, cream cheese, egg, meat, fish or pâté.
- Crackers or bread with meat/fish paste or pâté.
- Crackers, cheese biscuits or cheesy bread sticks with slices or cubes of cheese, cheese spread or triangles.

3. Offer 2 courses at each mealtime:

- Offer a savoury course followed by a sweet course.
- Offer small portions of food on a small plate as children with poor appetites can be put off by larger portions - a second helping can be given if requested.
- Cold foods can sometimes be more appetising. Try offering a sandwich or a chilled dessert.
- If there are times of the day when your child's appetite is better, take advantage of this.
- Make mealtimes colourful and interesting.
- Try not to make a fuss if your child does not eat and never force your child to eat.

4. Fortify your child's food by adding extra energy (calories):

Fortifying your child's food ensures that it is more nourishing. Try adding one or more of the following in each dish, choosing the option that suits your child best.

Dishes to fortify:	Items to add:
Full fat milk	Add 4 tablespoons of dried skimmed milk powder to 1 pint of full cream milk. Use this fortified milk to make up milky drinks such as milkshakes and smoothies, add to breakfast cereal, porridge, soups, sauces and instant desserts.
Breakfast cereals and porridge	Fortified full cream or Channel Island milk, evaporated milk, double cream, crème fraiche, smooth full fat or Greek yoghurt, stewed, tinned, dried or fresh fruit, sugar, honey, jam or syrup.

Mashed potato, pasta dishes and savoury sauces	Fortified full cream or Channel Island milk, evaporated milk, double cream, grated cheese, butter, ghee, margarine, olive oil, full fat or Greek style yoghurt, hard-boiled egg (avoid raw or undercooked egg), mayonnaise, salad cream, crème fraiche.
Vegetables	Grated cheese, butter, margarine, olive oil, evaporated milk, double cream, mayonnaise, salad cream, peanut butter (if not allergic), savoury sauces, for example cheese or white sauce, full fat or Greek style yoghurt.
Soups	Fortified full cream or Channel Island milk, milk powder, grated cheese, full fat or Greek style yoghurt, crème fraiche, evaporated milk, double cream, fresh breadcrumbs, pasta, cooked meat or chicken, cooked or tinned beans or lentils.
Puddings	Full fat or Greek style yoghurt, crème fraiche, fromage frais, fortified full cream or Channel Island milk, evaporated milk, cream, ice cream, honey, jam, chocolate sauce or spread (if not allergic), custard, stewed or tinned fruit, fruit smoothie as sauce.

5. Try to offer drinks after meals and snacks:

- Young children can often find it difficult to tell the difference between thirst and hunger.
- It is easier for children to drink rather than eat which can result in them drinking too much. This can fill your child up so they have a smaller appetite for food at mealtimes.

These tips may also be helpful:

- Cut food into bite size pieces and let young children feed themselves.
- Try to eat with your child to make it a social occasion.
- Avoid rushing your child when eating and distractions such as television.
- Vitamin drops containing vitamins A, C and D are recommended for all under 5 years old.