

# More top tips!

- Offer brightly coloured foods with mild flavours and interesting textures
- Dice a variety of vegetables such as peppers and add them to a ready made or homemade pizza
- Include chopped vegetables in pasta salads
- Provide foods in portable little packages, for example baked vegetables, samosas or vegetable pasties

Originally produced by British Nutrition Foundation

Reproduced by The Health Shop,  
31 High Street, Madeley, Telford  
Telephone: 01952 582659

2005

Reviewed 2007

March 2008

# Ideas for a



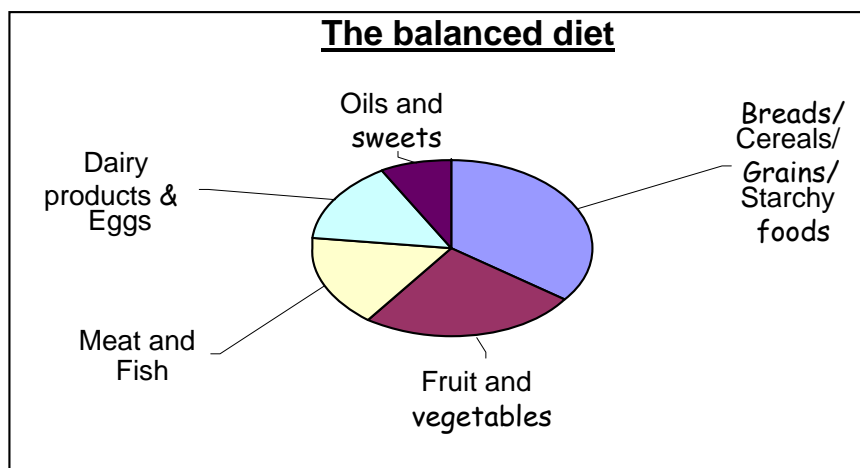
# A Guide for Parents

## What is healthy eating?

Food should be enjoyable and eating healthily is about getting the right balance of food in your diet, not about denying yourself the foods you enjoy. Foods should not be classified as good or bad and any food can be included in a healthy diet, it is the overall balance of nutrients in the diet that is important for health.

Variety is one of the keys to eating healthily so try not to offer the same foods on consecutive days. By including a broad range of foods, a much wider variety of nutrients will be eaten.

The balance of good health, pictured below, shows the proportion and types of foods needed to make up a balanced diet.



# **Top tips to encourage children to try new foods:**

- Eat them with your child at home. Offer one new food at a time. If your child refuses first time, try again another day. It may take 5 or 6 attempts
- Just try a little taste (a teaspoon) at first
- Give them the option of not swallowing it
- Serve an unfamiliar food with familiar ones
- Allow them to eat with an enthusiastic friend or older sibling

# Other ideas to add to lunchboxes:

Apple, apple cake, banana, banana bread, bread sticks (with low fat cream cheese dip), carrot cake, cereal bar, cheese scone, cherry tomatoes, currant bun, dried fruits, fromage-frais, fruit juice, fruit muffin, fruit smoothy, fruit squash, fruit yogurt, gingerbread, grapes, kiwi, lychees, malt loaf, mini cheese, mixed nuts and raisins, oatmeal biscuit, plain unsalted popcorn, raisins, Satsuma's, scone, scotch pancake, strawberries, teacake, unsalted pretzels, vegetable crisps, vegetable sticks e.g. carrot, celery, cucumber, sweet pepper (on their own or with a dip), watermelon.

# For healthy teeth



- Children should brush their teeth thoroughly twice a day for at least two minutes, using a small pea-sized blob of fluoride toothpaste
- Young children need adult supervision to make sure they brush properly
- Visit the dentist for regular check-ups
- Chew savoury foods after meals to stimulate saliva flow and neutralise the acid. Cheese is particularly beneficial

# What does this mean for a lunchbox?

- Choose a variety of foods from the five different food groups
- Include different types of fruit and vegetables to count towards the 5-a-day target
- Include a refreshing drink such as milk, flavoured milks, fruit juice and water to aid hydration

## The Balance of Good Health is based on the following guidelines for healthy eating:

- Enjoy your food
  - Eat a variety of different foods
  - Eat the right amount to be healthy weight
  - Eat plenty of foods rich in starch and fibre
    - Eat plenty of fruit and vegetables
- Don't eat too many foods that contain a lot of fat
- Don't have sugary foods and drinks too often

## Ideas for lunchboxes

- Ham and tomato roll, fruit scone, banana and drinking yogurt
- Cheese and pickle wholemeal sandwich, vegetable bhaji, pear, slice of malt loaf and apple juice
- Tuna salad baguette, cherry tomatoes, cheese triangle, box of raisins, sponge biscuits and water
- Pasta salad with a low fat dressing, mini cheese, kiwi fruit, cup cake and milkshake
  - Pitta pocket with humus, cherry tomatoes and lettuce, fruit salad, fromage frais, cereal bar and low sugar juice drink
- Egg salad bagel, Satsuma, unsalted pretzels (or mini bread sticks), chocolate swiss roll and semi-skimmed milk