



# Healthy Living



## Top Tips Of The Week - A Balanced Diet

### Fruits & Vegetables

- Fruit and vegetables contain lots of vitamins, minerals and fibre. It's good to introduce lots of different types from an early age, whether fresh, frozen, canned or dried, so your child can enjoy different textures and flavours. Try to make sure fruit and vegetables are included in every meal.
- Different fruit and vegetables contain different vitamins and minerals, so the more different types your child eats the better.
- Don't worry if they'll only eat one or two types at first. Keep offering them small amounts of other fruit and vegetables so they can learn to like different tastes.
- Some children don't like cooked vegetables but will nibble on raw vegetables while you're preparing a meal.

### Bread, rice, potatoes, pasta and other starchy foods

- Starchy foods, such as bread, breakfast cereals, potatoes, yams, rice, couscous, pasta and chapattis provide energy, nutrients and some fibre.
- You can give your child wholegrain foods, such as wholemeal bread, pasta and brown rice. However, it's not a good idea to only give wholegrain starchy foods to under-twos.
- Wholegrain foods can be high in fibre and they may fill your child up before they've taken in the calories and nutrients they need. After age two you can gradually introduce more wholegrain foods.

Remember to make sure your child always has a drink with their meal  
Water is the best thing to offer

**Please get in touch if you have  
any questions about these tips**