

## The Highland Food Plate



The picture above shows a variety of 'everyday' food. This means foods such as fruit, vegetables, bread, protein, etc, that we may eat every day. There are other foods that we do not need so often. We call these 'sometimes' foods. They may be foods which are high in sugar or fat.

Your plate does not need to look like this every meal. Eating each of these groups everyday will help children feel good, have energy, and grow in a way that is right for them.

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NHS  
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# Everyday Eating for Child Health & Wellbeing



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**T**his guide has been designed to help you, help your child to eat well.

### What is 'Eating Well'?

Eating well for children means having a varied diet that helps them grow, gives them energy and helps them feel good.

### Healthy Weight

A healthy body for a child is one that, whatever shape, size or weight, feels good, has enough energy and grows in a way that is right for them. This will allow the child to be active and participate in life.

### How to Eat – Top Tips

- Focus on making 'everyday' food available.
- Lead by example and model the enjoyment of 'everyday' food.
- Eat meals as a family when you can.
- Encourage an active lifestyle by enjoying activities together with your child.
- Encourage your child to eat when they are hungry and stop when they are full.
- Comfort children with attention, listening and hugs instead of food.
- Create a non distracting environment, separate eating from other activities.

### Portion Size

Portion sizes vary from age to age, so it is best to be guided by the child's appetite. Encourage a child to eat when they are hungry and stop when they are full. This will support all children, including those with a high BMI, to listen to their bodies and manage their weight over time.

### What We Eat - Top Tips

- Try new foods.
- Base most of their diet on whole foods.
- Give more vegetables, fruit, fish, nuts\* and seeds.
- Switch to rapeseed or olive oil.
- Include some high fibre wholegrain foods.
- Limit red and processed meat.
- Cut down on sugar and salt.
- Offer 6-8 glasses of water, milk or sugar free drinks a day.
- Try not to label food as good or bad, try 'every day' and 'sometimes' food instead. Forbidding certain food can make it more desirable.

*\* Warning: do not give whole nuts to children under 5 as there is a choking risk.*

To learn more please try our three online e-learning modules covering What We Eat (Smart Start), How we Eat, and Healthy Body Image and Body Confidence.

All of these modules are available via the CALA online learning website - [www.calalearning.co.uk/our-courses](http://www.calalearning.co.uk/our-courses)