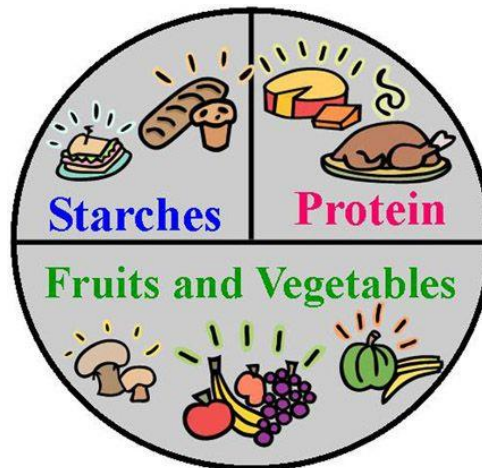


## Top Tips - What should I offer my child at meals and snack time?



Carbohydrates

Protein

Fruit/Vegetable

Try to serve **at least one of each of these types** of food at every meal and snack time.

**At least one of these needs to be a 'safe' food** that your child will easily eat.

Serve the 'safe' food with the food that the rest of the family are having. This way **everyone will have some of the 'safe' food**, your child will also have some of all the other foods that are served.

## Protein- such as:



Other examples: Milk, yoghurt, turkey, soya, tofu, lentils, chickpeas

## Carbohydrates or Starch- such as:



Other examples: Cous Cous, Yam, Sweet Potato, Buckwheat

## Fruit and/or vegetable- such as:



Fruit examples: Banana, apple, pear, orange, berries, mango, grapes

Vegetable examples: carrot, cucumber, tomato, parsnip, pepper