



Feeding the under 3s
the food they need

An example of Daily and Weekly Dietary Assessment Charts

www.littlepeoplesplates.co.uk

Monday						
	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Breakfast: Weetabix and milk and banana slices. Diluted fruit juice to drink	1	1		1/2		1
AM Snack: Pieces of fruit and milk to drink		1		1		1
Lunch: Ham sandwich, cherry tomatoes, chocolate biscuit and slices of pear. Milk to drink	1	1	1	1	1	1
PM Snack: Scone with butter and jam. Water to drink	1				2	1
Evening meal: Egg and chips with peas. Fromage frais with chocolate sprinkles. Strawberries. Water to drink	1	1	1	1	1	1
Before bed/during the day: Extra water to drink						2
TOTAL	4	6	2	3 1/2	5	7
Daily Recommendation	3-5 Include at each meal and some snacks	5 Include at each meal and some snacks	2-3	3	Some high fat foods	6-8 cups

Tuesday						
	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Breakfast: Toast with butter and jam. Milk as hot chocolate	1			1	2 1	1
AM Snack: Pieces of fruit and milk to drink		1		1		1
Lunch: Pasta with tomato sauce and grated cheese. Cake. Milk to drink	1	1		1 1	1	1
PM Snack: 1 packet wotsits. Diluted fruit juice to drink					1	1
Evening meal: Fish fingers with mashed potato and sweet corn. Fruit flavoured yogurt. Water to drink	1	1	1	1	1	1
Before bed/during the day: 8oz Bottle of milk				2		2
TOTAL	3	3	1	7	6	7
Daily Recommendation	3-5 Include at each meal and some snacks	5 Include at each meal and some snacks	2-3	3	Some high fat foods	6-8 cups

Wednesday						
	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Breakfast: Boiled egg with toast fingers. Diluted fruit juice to drink	1		1			1
AM Snack: Popadum and milk to drink	1			1		1
Lunch: Jacket potato and grated cheese. Red pepper sticks. Fun size chocolate bar and grapes. Water to drink	1	1 1		1	1	1
PM Snack: Vegetable pakora. Drink of water	1	1	1			1
Evening meal: Vegetable curry with rice and dhal and chappati. Plain yogurt with sugar. Mango slices. Water to drink	1	1	1	1	1	
Before bed/during the day: Extra water to drink						2
TOTAL	6	5	3	3	2	7
Daily Recommendation	3-5 Include at each meal and some snacks	5 Include at each meal and some snacks	2-3	3	Some high fat foods	6-8 cups

Thursday						
	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Breakfast: Porridge with dried fruit and milk. Diluted fruit juice to drink	1	1		1		1
AM Snack: Bread sticks and milk to drink	1			1		1
Lunch: Jerk Chicken. Fried plantain and okra. Tropical fruit salad with ice cream. Water to drink	1	1	1		1	1
PM Snack: Boiled chick peas. Diluted fruit juice to drink			1			1
Evening meal: Vegetable curry with paneer and pitta bread. Cake and slices banana. Water to drink	1	1		1	1	1
Before bed/during the day: Extra water to drink						2
TOTAL	4	5	2	3	3	7
Daily Recommendation	3-5 Include at each meal and some snacks	5 Include at each meal and some snacks	2-3	3	Some high fat foods	6-8 cups

Please turn over...

Friday						
	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Breakfast: Cornflakes and milk and blue berries. Diluted fruit juice to drink	1	1		1/2		1
AM Snack: Raspberry and yogurt smoothie		1		1		1
Lunch: Fish and potato pie. Broccoli and cauliflower florets. Egg custard. Slices of pear. Water to drink	1	1	1	1		1
PM Snack: Crumpet with honey. Diluted fruit juice to drink	1				1	1
Evening meal: Baked beans on toast with cucumber sticks. Chocolate mousse. Milk to drink	1	1	1	1	1	1
Before bed/ during the day: Extra water to drink						2
TOTAL	4	5	2	3 1/2	2	7
Daily Recommendation	3-5 Include at each meal and some snacks	5 Include at each meal and some snacks	2-3	3	Some high fat foods	6-8 cups

Saturday						
	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Breakfast: Croissant with peach slices. Milk to drink	1	1			1	1
AM Snack: Biscuit and water to drink					1	1
Lunch: Ham sandwich. Cucumber and carrot sticks. 1 juiced apple. Water to drink	1	1	1			1
PM birthday party: Pizza slice, Jelly and ice-cream Birthday Cake. Sweets and chocolate. Squash to drink	1			1	2 2 2 2	2
Evening meal: Banana sandwich. Glass milk	1	1		1		1
Before bed/ during the day: Extra Water to drink						2
TOTAL	4	4	1	3	10	8
Daily Recommendation	3-5 Include at each meal and some snacks	5 Include at each meal and some snacks	2-3	3	Some high fat foods	6-8 cups

Sunday						
	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Breakfast: Pancakes with maple syrup. Diluted fruit juice to drink	1				1	1
AM Snack: Clementine Water to drink		1				1
Lunch: Roast chicken. Roast potatoes. Cauliflower and peas. Rhubarb crumble and custard. Water to drink	1	1	1	1	1	1
PM Snack: Ice cream. Water to drink					1	1
Evening meal: Mini pizza. Carrot sticks. Yogurt. Kiwi fruit slices. Water to drink	1	1		1		1
Before bed/ during the day: Extra water to drink						2
TOTAL	3	5	1	3	4	7
Daily Recommendation	3-5 Include at each meal and some snacks	5 Include at each meal and some snacks	2-3	3	Some high fat foods	6-8 cups

Weekly Dietary Assessment Chart						
	Food Groups					Fluid
	Bread, Cereals & Potatoes	Fruit & Vegetables	Meat, Fish & Vegetarian Alternatives	Milk, Cheese & Yogurt	Foods high in Fat & Sugar	Drinks
Monday	4	6	2	3 1/2	6	7
Tuesday	3	3	1	7	5	7
Wednesday	6	5	3	3	2	7
Thursday	5	5	2	3	2	7
Friday	4	5	2	3 1/2	2	7
Saturday - went to a birthday party	4	4	1	3	10	8
Sunday	3	5	1	3	4	7
Total for 7 days	29	33	12	26	31	50
Average per day	4.1	4.7	1.7	3.7	4.4	7.1
Daily Recommendation	3-5 Include at each meal and some snacks	5 Include at each meal and some snacks	2-3	3	Some high fat foods	6-8 cups

How balanced is the diet this week?

The week starts well with Monday a perfect day - all the correct amounts of the food groups are offered.

Tuesday appears to have healthy choices but there is too much milk and consequently not enough of the other food groups are included. Toddlers eating this way every day would be at risk of iron deficiency anaemia.

Wednesday is a vegetarian day and a good balance of the food groups is included.

Saturday includes a birthday party with a very large number of foods high in sugar. However by making the rest of the meals and snacks nutritious the balance of other food groups is still reasonable.

The totals and averages for this week, with some good days and two less good days, show that on average a good food balance has been achieved over the week.

An Infant & Toddler Forum initiative. © Infant & Toddler Forum 2009. Supported by an educational grant from Danone UK.