



Packed Lunches

Workshop



Fussy Eaters

- It's natural to worry whether your child is getting enough food if they refuse to eat sometimes.
- But it's perfectly normal for toddlers and young children to refuse to eat or even taste new foods.
- Do not worry about what your child eats in a day or if they do not eat everything at mealtimes. It's more helpful to think about what they eat over a week.
- If your child is active and gaining weight, and they seem well, then they're getting enough to eat.
- As long as your child eats some food from the 4 main food groups **fruit and vegetables** **starchy carbohydrates such as potatoes, bread, rice, pasta** **dairy or dairy alternatives** **beans, pulses, fish, eggs, meat and other proteins**

Children with additional needs

Nutrition and dietetic service for children with special needs in Luton

The Paediatric Dietetic service is a team of registered dietitians who offer specialist dietary advice and support to families of children and young people aged between 0 to 19 years old. Our service accepts referrals from GPs, consultants, nurses and other health professionals (e.g physiotherapists, speech and language therapists). If your child's referral cannot be accepted by us you can get support from other teams, including:

- **health visitors and community nursery nurses**
- **local weight management services**
- **school nurses**
- **GP practice nurses**

Children and their families are seen in clinic, either at the Edwin Lobo Child Development Centre or at a health centre. A choice of dates and times will be offered when booking an appointment.

The service will assess children where there are worries about them:

- **gaining weight too slowly**
- **gaining weight too fast**
- **not eating many different foods or having to avoid some foods**

Your child's dietitian will undertake a full assessment and provide individual dietary advice on how best to improve their nutrition.

When you stop having appointments with the dietitian you will have a plan to follow at home. Your child can always be re-referred in the future if more advice is needed.

Websites and apps which you may find useful are:

The British Dietetic Association - look for the Food Fact Sheet link on the homepage for information
Change for Life website and apps

Mencap

The Caroline Walker Trust

Who to contact

Telephone

01582 707400

E-mail

ccs.beds.nutrition@nhs.net

Website

Nutrition and dietetic service for children with special needs in Luton website

Where to go

Name

Nutrition & Dietetic Service

Address

Dunstable Health Centre

Priority Gardens

Dunstable

Bedfordshire

Postcode

LU6 3SU

Getting the right amount of everything



Starchy foods

Five portions

Starchy foods such as bread, rice, pasta, cereals, potatoes and yams, provide your toddler with energy, B vitamins, calcium and fibre. Fortified starchy foods, such as fortified breakfast cereals, can also provide iron and, in some cases, vitamin D.

Try to give your toddler about five portions of starchy foods as part of meals and snacks across the day.



Fruit and veg

Five portions

Fruits and vegetables are a really important part of the diet because they contain vitamin C and other vitamins and minerals as well as fibre. You should encourage your child to eat a variety of fruits and vegetables every day.

Toddlers should eat at least five portions of fruits and vegetables per day.



Dairy foods

Three portions

Dairy foods, such as cheese, yogurt, milk and fromage frais, are a particularly good source of calcium, protein, fat and vitamins B2 and B12. Full-fat varieties are best for toddlers, but from age 1 onwards, semi-skimmed milk can be introduced if they are growing well and eating a healthy, varied diet.

Toddlers need about three servings of dairy foods per day.



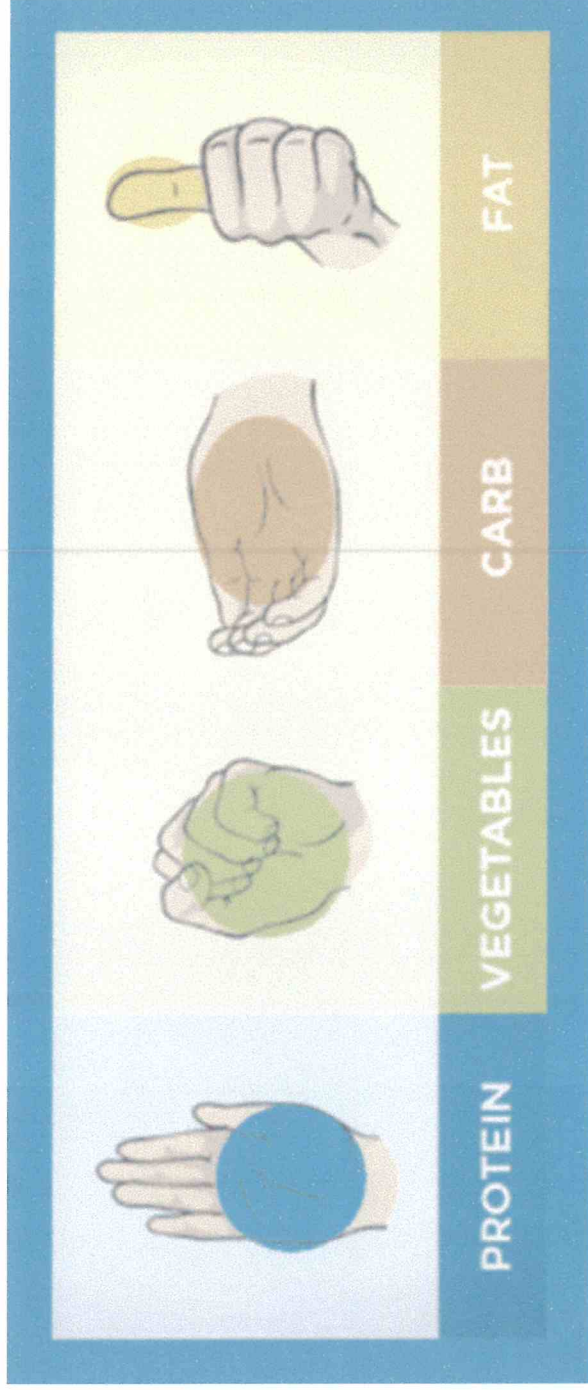
Protein foods

Two portions

This food group includes meat, fish, eggs, nuts, pulses (such as beans, lentils and chickpeas) and foods made from pulses (such as tofu, dahl and soya mince). These foods provide protein and iron, which are essential for a growing child.

Your toddler needs two portions of protein foods per day, three if they are vegetarian or vegan.

A visual guide to portion size

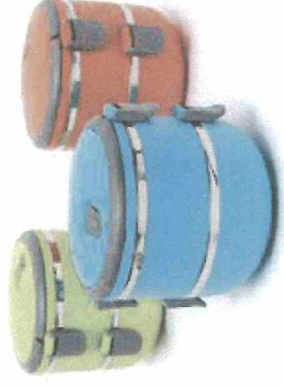


No Sandwich lunches

- Lots of young children do not like sandwiches and that's ok.
- Find alternatives that they do like eating.



Keeping food hot/warm

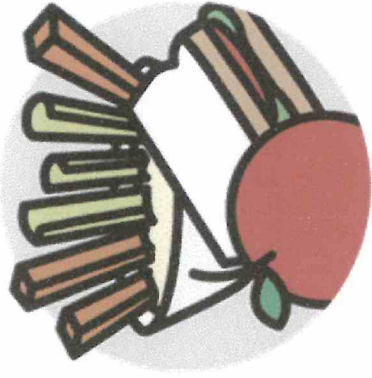


A choice, but not too much



Getting your children involved

- Talk to your child to see what they like eating whilst at nursery, they may surprise you and say they prefer eating certain things whilst not at home.
- Some children may be able to help, either putting items in the lunch bag, or even preparing the food. E.g. cutting or washing the fruits and vegetables.
- Remember no one likes the same thing everyday, so giving the children a choice between 2 things can help add a bit of variety to their lunch.
- Even going as far as making a menu of what they have each day can encourage children to look forward to lunch time and be excited about their food.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

5 a day Fruits and Veg

Most of us still are not eating enough fruit and vegetables. They should make up just over a third of the food we eat each day.

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Healthy drinks

Healthy alternatives

- water
- infused water
- Caffeine free herbal teas
- 100% fruit juices
- Smoothies
- No added sugar

Ingredients to be aware of

- Fizzy drinks and soda
- added sugars
- artificial sweeteners
- tartrazine (yellow no. 5)
- red no. 40
- blue no. 1
- sodium benzoate
- potassium sorbate

Cut back on fat

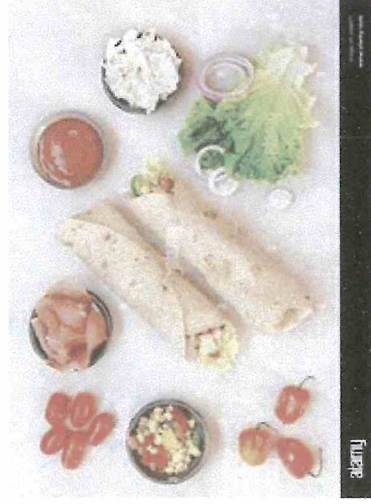
- Try to pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese.
- If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.
- Buy low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.

Keep them full for longer

- Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.
- If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.
- Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.

DIY Lunches

- Wraps and pots of fillings can be more exciting for kids when they get to make them.
- Crackers with small slices of cheese and meats means independence and mix and match



Important things to remember

- Cut small foods in half, such as: grapes, tomatoes, olives to avoid choking hazards.
- We are a nut free school, so **no** nuts at all, including in spreads.
- Cut bread thinner to make it easier to eat and cut crusts off sandwiches if your child doesn't like them, as they will leave them anyway.
- Get wrappers prepared so the child can do it themselves e.g. cut the end off the chocolate bar wrapper. Children love to be independent.

Thank you for coming