



## Bach a Iach Foundation Phase



# The Eatwell Guide Overview



# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives  
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

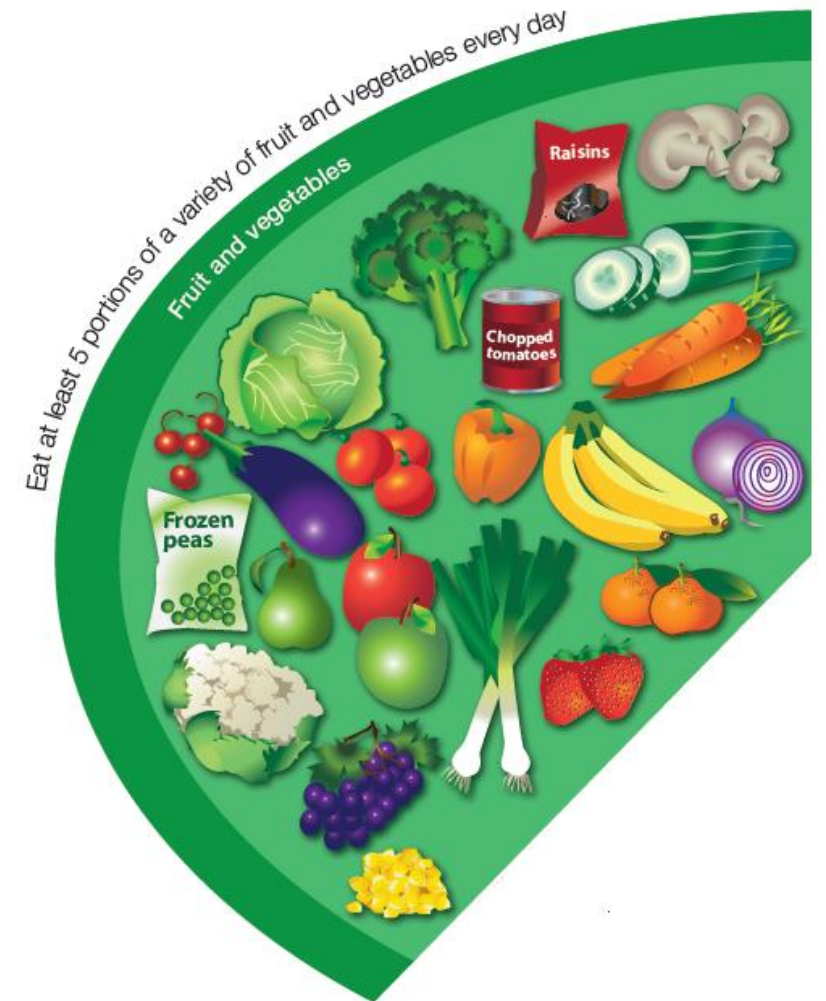
Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

Suitable from 5 years  
Before 5 years gradually work towards this

# Fruit and vegetables

- At least 5 servings a day
- Fresh, frozen, tinned
- Avoid providing fruit juice and smoothies to young children
- Dried fruit should only be given with meals, they are not a suitable snack
- **KEY NUTRIENTS:**
  - Vitamin C and Fibre
- **IMPORTANT FOR:**
  - Protecting against heart disease, stroke and cancer
  - Bowel health, cholesterol levels and weight control



# Potatoes, bread, rice, pasta and other starchy carbohydrates

- Include these at each meal
- Generally choose high fibre options
- Gradually increase quantity of high fibre options in preschool children's diets
- **KEY NUTRIENTS**
  - Carbohydrate (Starch) and Fibre
- **IMPORTANT FOR:**
  - Providing energy and helping control hunger levels
  - Bowel health, cholesterol levels and weight control



# Beans, pulses, fish, eggs, meat, and other proteins

- 2 – 3 portions per day
- Limit processed meat
- Choose lean options

- **KEY NUTRIENTS:**

- Protein and Iron

- **IMPORTANT FOR:**

- Growth and repair
- Blood health



# Dairy and alternatives

- 3 portions/ day
- Does NOT include: eggs, butter or cream
- Generally choose lower fat options
- Choose full fat options for pre school children
  
- Do not offer semi-skimmed milk before 2 years old
- Skimmed milk should not be offered before 5 years
  
- **KEY NUTRIENTS**
  - Calcium and Protein
  
- **IMPORTANT FOR:**
  - Strong teeth and bones



# Oil & spreads

- We do need small amounts of fats... Choose unsaturated fats!
- **KEY NUTRIENTS:**
  - Essential fatty acids and fat soluble vitamins (A,D,E,K)



Choose unsaturated oils  
and use in small amounts

# Fluid

- Aim for 1.5-2l fluid per day  
Young children 1–5 years about 7–8 cups/day (cups of 100-150ml).
- Water, fruit juice, tea coffee etc all count
- Only offer water or plain milk to children as these are protective to their teeth.
- Young children are more likely to get dehydrated, especially when being active and when it's hot so may need reminding.
- Fresh drinking water must be available and accessible at all times.
- Drinks should be offered in 'free flowing' or 'lidless cups' by around one year of age.





# Supplements

- Everybody is recommended to take a 10µg Vitamin D supplement daily in autumn/winter months.
- The Department of Health recommends a daily dose of Vitamins A, C and D for all children between 1 and 5 years old



Check if you are eligible for  
Healthy Start Vouchers

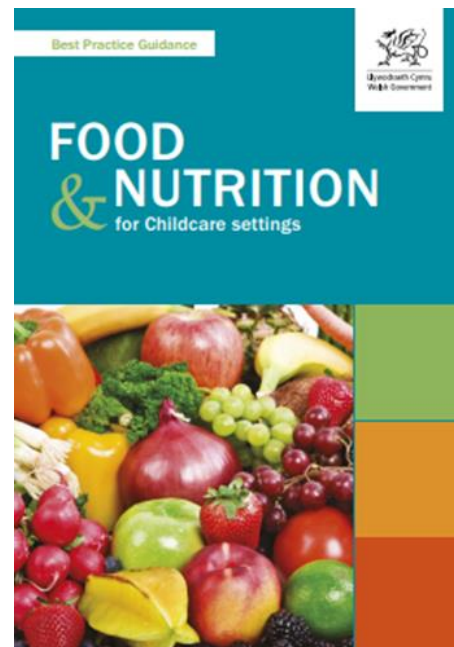
- Can self refer online

# Food and Nutrition for Childcare Settings Guidance – Best Practice guidance

Majority of content aimed at preschool  
settings but some meal plans for older ages



<https://www.foodafactoflife.org.uk/>



<https://www.bda.uk.com/food-health/food-facts.html>



The Big Lunch is your chance to celebrate community connections and get to know one another a little better. The big date is 5-6 June.

**Food for Life Get Togethers are offering grants of £150 for schools across Wales to get involved and bring their school community together through sharing good food.**

Getting back together and remembering the joy of eating together will be an opportunity to reflect on the past year, celebrate how the community came together and recognise that everyone has something to bring to the table. It will be an opportunity for the community to celebrate and give thanks to schools, teachers, and families for all the hard work they have put in during a difficult school year. It could be a chance to showcase food your school have grown or made through a playing field picnic. More ideas and FAQ's attached.

The deadline for applications is **Friday 30<sup>th</sup> April**. The application form is available here:  
<https://www.fflgettogethers.org/support/>

We can help with ideas and support to plan your Big Lunch. We will be holding an online **Q&A session on Tuesday 20<sup>th</sup> April 6.00-6.45pm** if you would like more information.

To join register here: <https://edenproject.zoom.us/meeting/register/tZYkf-6srDwiHNBBCMcHXkPyk0nRu7eZKwgp> . please email [louise.shute@wales.nhs.uk](mailto:louise.shute@wales.nhs.uk) with any enquires.