

## Dairy and alternatives

Each day allow 350–600mls (½–1 pint) of milk. This can be semi-skimmed milk if your child is eating a varied diet.

or

2–3 servings of other dairy foods or alternatives, such as:

- 25g (1oz) of hard cheese;
- 125g carton of yogurt – avoid ‘diet’ varieties;
- bowl of milky pudding like rice pudding.



## Drinks

- It is important that children drink enough during the day, to prevent dehydration and tiredness.
- Water should be freely available throughout the day, and drinks should always be included with each meal.
- Water and milk are the most suitable drinks for children.
- Pure unsweetened fruit juice, well diluted (one part juice to ten parts water). This should only be given at mealtimes to avoid damage to teeth.

Other drinks are not recommended.

Note: Fat and sugary foods such as biscuits, cake, ice-cream and sweets should be eaten less often and in small amounts to help reduce the risk of tooth decay and obesity. Avoid adding salt to children’s food during cooking or at the table.



Snacks are important at this age as small children cannot usually eat enough at mealtimes to meet their needs for energy (calories). Choose snacks that are sugar-free or low in added sugar and packed with nutrients, eg toast, sandwiches, fruit and raw vegetables.

For further information on nutrition information visit

[www.pha.site/getting-good-start](http://www.pha.site/getting-good-start)

or

[www.pha.site/healthy-breaks-preschool](http://www.pha.site/healthy-breaks-preschool)