

Nutritionist for a Day – Eatwell Guidelines

You are a Nutritionist given the task of producing example meal plans to be used in publicity for 8-10 year olds in your local community.

Plan a menu of 3 meals and 2 snacks that meet the Eatwell guidelines for a child. Tick off each requirement with a drywipe marker when you know you’ve met it in your plan. Include some important facts on each food group.

*Remember to be reassuring; nobody is perfect, and sometimes we can’t meet the guidelines because there are special occasions or life is just too busy. What matters is that we try our best to do it on **most days**.*

1. Fruit and Vegetables

Aim to have at least 5 portions of a variety of fruit and vegetables every day .	
Fruit and vegetables should make up around one third of the daily food intake, so you need to eat plenty every day	
Make sure you include a variety of fruits and vegetables. Try and include fruit and vegetables that are green, yellow, red, purple, orange and white.	

Notes on portion sizes:

150ml of fruit juice or smoothie is one portion. You can only count juices or smoothies **once** in your 5-a day

Beans can only count as **one** of your 5 a day.

Dried fruit (e.g. raisins) does count, but it should be eaten with a meal to protect your teeth. It can only count as **one** of your 5 a day.

A portion of fruit or vegetables is **80g**. This is around:

- 1 medium sized piece of fruit such as a banana, apple, pear, orange or nectarine
- 1 dessert bowl of salad
- 2 or more small fruits such as plums, satsumas, kiwi fruit or apricots
- A large handful of berries, cherries or grapes
- 2 broccoli spears
- 3 heaped tablespoons of peas, carrots or sweetcorn

Did you know?

Crushing fruit and vegetables into juice and smoothies releases the sugars they contain, which can damage teeth.



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2. Potatoes, bread, rice, pasta and other starchy carbohydrates

Potatoes, bread, rice, pasta and other starchy carbohydrates should make up around one third of the daily food intake, so you need to eat plenty every day	
They should be included in every meal	
If possible, choose wholegrain or wholemeal varieties and keep the skin on potatoes for extra fibre	

What counts?

- Breakfast cereals, oats
- Wholemeal bread
- Potatoes, yams, plantain
- Brown rice, couscous, bulgur wheat, barley, rye, quinoa
- Pasta and noodles
- Pizza base

Did you know?

Starchy foods are a good source of **energy** and the main source of a range of nutrients in our diet.



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3. Beans, pulses, fish, eggs, meat and other proteins

This group should make up around 12% of the diet, so you need to eat some every day.	
Aim for at least 2 portions of fish every week , 1 of which should be oily, such as salmon or mackerel (so, it might not be in your daily plan, but it is important)	
Choose lean (low fat) cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages.	

What counts?

- Chickpeas, kidney beans, lentils, peas, butter beans, baked beans, haricot beans, flageolet beans, soya beans
- White fish like including cod, coley, haddock, pollock, hake, plaice and tuna
- Oily fish like salmon, sardines, mackerel, whitebait and trout
- Shellfish like prawns, scallops, mussels, oysters, squid and crab
- Chicken, turkey, beef, pork, lamb duck, goose, bacon, sausages and burgers
- Vegetarian meat alternatives like tofu and Quorn™
- Eggs
- Nuts

Did you know?

This food group is really important as these foods are good sources of **protein**, as well as essential **vitamins** and minerals.



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4. Dairy

Choose lower fat and lower sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt.	
This group should make up around 8% of the diet, so you need to eat some every day.	

What counts?

- Milk
- Cheese
- Yogurt
- Fromage frais
- Cream cheese
- Quark
- Dairy calcium-fortified alternatives to these foods, such as soya drinks, soya yogurts, and oat, nut and rice milks.

Did you know?

Butter, creams and ice-cream are not included in this group as they are high in **saturated fat**, and so are included in ‘foods we do not need’.



5. Oils and Spreads

Choose small amounts of oils made from; vegetable oil, rapeseed oil, olive oil, or sunflower oil	
Choose a small amount of low fat spread instead of butter.	

Did you know?

A small amount of fat is an essential part of a healthy, balanced diet.



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6. Drinks

Aim for 6-8 glasses of water per day	
Water, lower fat milks and lower sugar or sugar-free drinks, all count. You can add fruits like frozen berries, kiwi and apple to make the water taste and look interesting.	

Did you know?

Fruit juice and smoothies also count as drinks, but they contain sugar that can damage teeth, so limit these drinks to a total of 150ml a day.



7. Foods we do not need

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream.

They're not needed in our diet, so should be eaten **less often and in smaller amounts**.

You do not need to include them in your plan.

