

FOOD4KIDS GUIDELINES



FOR YOUNG CHILDREN AGED 1-6

UK national voluntary food and drink guidelines for early years settings propose that kids eat 4 different food groups each day: Starchy foods / Fruit and vegetables / Meat, fish, eggs, beans and non-dairy sources of protein / Milk and dairy foods

ANH-Intl's Food4Kids Guidelines recommend 8 food groups each day for young kids

8 FOOD GROUPS EVERY DAY

Percentages refer to amounts by weight (not energy contribution)



10 KEY POINTERS

- 1** Macronutrient composition by energy contribution (kJ or kcal) should be approximately 10% protein, 35% carbohydrates and 55% fats by energy contribution daily
- 2** Eat a 'rainbow' of different coloured vegetables and fruit every day
- 3** Avoid/minimise 'free' (added) sugars
- 4** Drink water, not soft drinks or fruit juices
- 5** Avoid drinks sweetened using non-nutritive sweeteners
- 6** Avoid all ultra-processed and refined foods
- 7** All whole grains should be gluten-free
- 8** Check for dairy intolerance and avoid dairy if intolerant
- 9** Avoid over-cooking or charring foods
- 10** Include concentrated nutrients daily

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