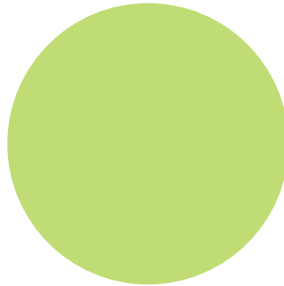
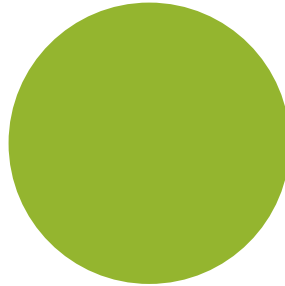
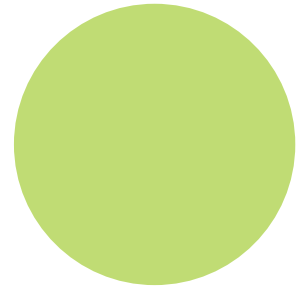
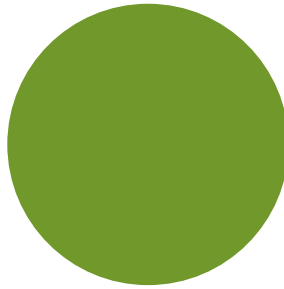
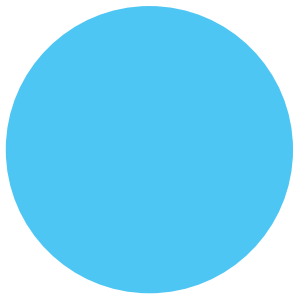


Eating well: vegan infants and under-5s



Eating well: vegan infants and under-5s



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This resource is provided for information only and individual advice on diet and health should always be sought from appropriate health professionals.

Photo resources

For more information about photo resources for different population groups, see the website www.firststepsnutrition.org

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Introduction

This resource shows the sorts of foods, and amounts of foods, that can help meet the nutritional needs of vegan infants and children aged from 6 months up to 5 years in the UK.

Why have we produced this resource?

This visual resource illustrates how the dietary needs of vegan infants (from 6 months to 1 year) and children aged 1-4 years can be met, alongside following appropriate advice about supplementation. Infants and young children need enough energy (calories) to grow and be active, and enough nutrients (protein, fat, carbohydrate, vitamins and minerals) to ensure that they remain healthy, fight infections, can be active and learn effectively. Experts have calculated the amount of energy and the amounts of individual nutrients that they think infants and young children in different age groups need. These are known as 'dietary reference values'. This resource gives information on how these dietary reference values for infants and 1-4 year olds can be met in practice, and the sorts of foods and amounts of food that vegan children could be offered in early years and other settings.

Can a vegan diet meet the nutritional needs of infants and children?

In developed countries like the UK where food is plentiful and there is a wide range of options available to ensure a complete diet, it is perfectly possible for infants and children to get all the nutrition they need from a vegetable-based diet alongside appropriate supplements, but it does take thought and planning. Some essential

nutrients are provided primarily by animal foods in typical UK diets and therefore vegans must make sure they have adequate amounts of some unique foods that supply these nutrients, or choose fortified foods or supplements. We provide information on this in this resource. Whilst we do not have a clear statement in the UK about vegan diets for infants and children, the NHS suggests:

“If you’re bringing up your baby or child on a vegan diet, you need to ensure they get a wide variety of foods to provide the energy and vitamins they need for growth.”

Other countries have provided more clarity. For example, the Academy of Nutrition and Dietetics and American Academy of Pediatrics have a statement that:

“Well-planned vegetarian and vegan eating patterns are healthy for infants and toddlers.”

Vegan diets can be safely given to infants and children providing that care is taken that all nutritional needs are met. Parents and carers will benefit from advice from a health professional and should be particularly encouraged to seek guidance if using specialist vegan supplements of vitamin drops, to ensure the dosage is correct. Advice is also available from The Vegan Society (see page 128). Information on how to access additional support can be found in the *Resources* section on page 128.

Children who avoid dairy foods or eggs

Some children may need a dairy-free diet or a diet that avoids eggs, because of an allergy to a specific animal protein, or because they are lactose-intolerant. All the recipes in this book are particularly suitable for infants and children on dairy-free and egg-free diets and of course, for vegetarian children or those who might avoid some foods or ingredients for religious or cultural reasons. Providing vegan food for groups of children when some are on special diets enables similar meals to be enjoyed by all the children together.

What does this resource contain?

The resource contains:

- a summary of the key principles of eating well for vegan infants and 1-4 year olds
- some example meals and finger foods to show how the nutritional needs of vegan infants can be met
- example breakfasts, snacks, savoury meals and desserts for 1-4 year olds, with recipes for the dishes shown in the photos, and
- additional useful information for anyone supporting vegan under-5s.

Who is it for?

This resource has been designed for all those who support infants and 1-4 year olds to eat well. This includes midwives, health visitors, child carers, family and children's centre workers, nursery nurses, dietitians, registered public health nutritionists, public health teams, community food workers, GPs and paediatricians, as well as parents and families.

We are not recommending a vegan diet. It is important to note that meeting the nutritional requirements of babies and young children will be challenging on a vegan diet, and using fortified foods and some supplements will be essential. Animal sourced foods provide good sources of many nutrients to the diet. Families should carefully consider making a vegan choice for their young children and seek advice on vegan dietary choices and supplementation from a health professional.

How are the materials organised?

The resource contains the following sections:

• **The first 6 months of life** offers advice on breastfeeding and explains why it is the best way of feeding all infants.

• **Eating well for vegan infants from 6 months** offers ideas for introducing foods other than breastmilk (or infant formula) to vegan infants. It gives ideas for first foods – vegetables, starchy foods, protein foods and fruits – as well as first finger foods.

• **Eating well for vegan 7-9 month olds** and **Eating well for vegan 10-12 month olds** include photos of some example breakfasts, savoury meals and desserts, with recipes.

• **Eating well for vegan 1-4 year olds** gives ideas for encouraging young children to eat well, with ideas for breakfasts, snacks, savoury meals and desserts for 1-4 year olds, and recipes for the dishes shown in the photos.

• The **Additional information** section contains:

- Energy and nutrient requirements for 1-4 year olds
- Food-based guidance
- Good sources of vitamins and minerals, and
- a *Resources* section with sources of further information.

How do we define 'vegan'?

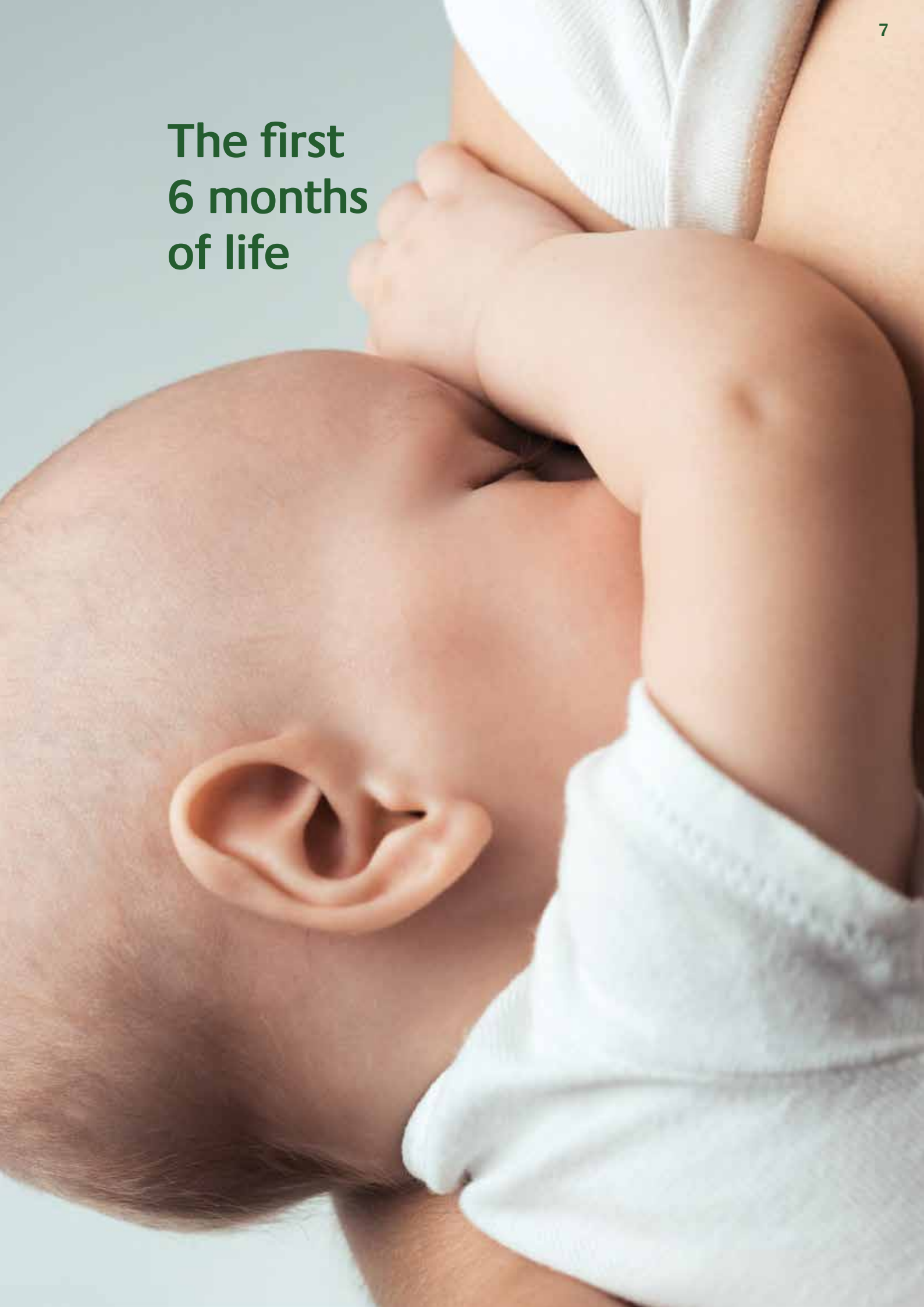
A vegan is usually defined as someone who eats only a plant-based diet. Vegans generally eat no meat, fish or other substances that come directly from killing an animal or from agricultural practices which lead to unnecessary death or suffering of any animal. Vegans do not eat dairy products such as cows' (or other animal) milk or milk products such as cheese and yoghurt, eggs or foods containing eggs, honey, any foods which contain gelatin or animal fats, or products fortified with vitamins that have come from an animal source (for example, vitamin D which is added to some foods and drinks, and which usually comes from sheep wool lanolin).

Some people may be vegan for ethical or environmental reasons and some may choose a vegan diet for health reasons. Some people may also be vegan for reasons associated with culture or religion, and may have other foods they also avoid. For example, some Rastafarians are vegan and may also avoid some processed foods and canned foods. People who choose a vegan diet may have different foods and drinks they accept or avoid, so it is important always to ask families what they do and don't choose to eat.

In this resource we define vegans as those eating no animal products, including honey, and as avoiding any product that may have any addition or additive associated with animal husbandry.



The first 6 months of life



The first 6 months of life

Breastfeeding

Breastmilk provides all the nutritional needs for infants in the first 6 months of life and is the normal way for all infants to be fed. As a precautionary measure breastfed babies are recommended to have a vitamin D supplement. It is likely that parents who choose a vegan diet will be keen to breastfeed their children, and parents should be fully supported in this choice. For information about the benefits of breastfeeding and for details of helplines and resources to support breastfeeding mothers see www.firststepsnutrition.org/eating-well-infants-new-mums.

Storing expressed breastmilk safely

Mothers who wish to provide expressed breastmilk for their babies and children in early years or other settings should be encouraged to do so. It is important that milk is stored safely and clearly labelled. Up-to-date information on how to store breastmilk safely can be found at www.nhs.uk/conditions/pregnancy-and-baby/pages/expressing-storing-breast-milk.aspx#close

Breastmilk must always be stored in a sterilised container. It can be stored:

- for up to five days in the fridge at 4°C or lower
- for up to two weeks in the ice compartment of a fridge, or
- for up to six months in a freezer.

If the milk has been frozen, defrost it in the fridge first. Once it's defrosted, use it straight away. Do not re-freeze milk once it has been thawed.

Expressed breastmilk provided for babies in childcare should be clearly labelled with the child's name and the date, stored in a refrigerator and only be used for that child. Any expressed milk left over at the end of the day should be returned to the parent or guardian.

Additional sources of information and guidance on supporting breastfeeding mums and expressing breastmilk can be found in the *Resources* section

on page 128. Parents can seek further advice on expressing and storing breastmilk from a health visitor or breastfeeding counsellor.

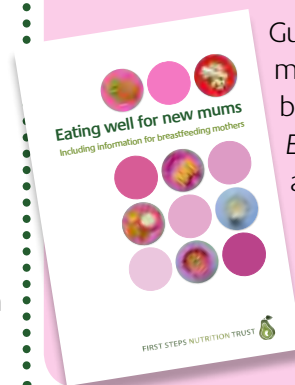
Advice on vitamins for breastfeeding mothers

Breastfeeding women should take a **vitamin D** supplement every day throughout the period during which they are breastfeeding, and this is particularly important for vegan mothers. Healthy Start vitamins are not suitable for vegan women but they are suitable for vegetarian women. The vitamin D supplement *Vitashine* is suitable for breastfeeding vegan women.

Vegan mothers who are breastfeeding should also make sure they include sufficient **vitamin B12** and **iodine** in their diet, either through suitable foods that contain these nutrients – for example, for vitamin B12, foods fortified with the vitamin or, for iodine, certain seaweeds which are a naturally good source and contain a safe amount of iodine – or from a supplement. For more information on safe consumption of foods high in iodine, see page 78. For good sources of these nutrients, see pages 78 and 79.

The Vegan Society produces a supplement called *VEG 1* which contains riboflavin, vitamin B6, folic acid (200 micrograms), vitamin B12 (25 micrograms), vitamin D (20 micrograms), iodine and selenium, which is suitable for breastfeeding women. (See page 128 for contact details for The Vegan Society.)

Guidance on how all new mothers can eat well can be found in the resource *Eating well for new mums*, available at www.firststepsnutrition.org/eating-well-infants-new-mums



Supporting women to breastfeed

Childcare settings and carers should support breastfeeding mothers and encourage them to continue providing breastmilk. Guidance from the Unicef UK Baby Friendly Initiative (see *Resources* on page 130) suggests that staff in children's centres and all those working towards Baby Friendly status in the community should ensure that parents' experiences in early years settings include:

- support to help pregnant women recognise the importance of early relationships to the health and wellbeing of their baby
- protection and support of breastfeeding in all areas of the service, and
- being supported to have a close and loving relationship with their baby.

Mothers who are breastfeeding and who may wish to feed their baby in the childcare setting should be given an adequate, warm and private space in which to do this, or should be enabled to choose any other space they feel comfortable in. Any routines in the setting should be flexible to make sure that mothers can breastfeed at times to suit them and their baby. Positive messages in all settings, for example as posters and signs on doors and walls saying that 'Breastfeeding is supported and welcomed', will help women feel comfortable and included.

Breastmilk is a safe, healthy, fully sustainable resource and women should be encouraged to continue breastfeeding throughout the first year of their baby's life, and for as long after that as they choose to. Continued breastfeeding has health advantages for mums and babies and, while this may be more unusual in countries like the UK, breastfeeding up to 2 years (and beyond if desired) remains the global recommendation.

Breastfeeding support for vegan families can be found at www.facebook.com/groups/veganbreastfeedingsupport/

Vitamin supplements for breastfed infants

It is now recommended that all breastfed babies have a supplement of 8.5-10 micrograms of vitamin D a day from birth.

Healthy Start vitamin drops are suitable for use from birth, but vegan families may not want to use these for their infants as they include vitamin D sourced from sheep's wool lanolin.

Baby DDrops contain 10 micrograms of vitamin D and the manufacturer suggests that the drops can be put directly on the breast when breastfeeding. However, parents are advised to put the drops on a sterilised spoon to give to their infant as this can be a safer way of getting the right dose. The manufacturers say the vitamin D is sourced from sheep's wool lanolin, but that animals are not harmed in the process.

A number of other supplements are marketed as suitable for vegan infants – for example, Abidec and BioCare Baby A, C, D Plus drops. These supplements contain a range of other nutrients as well as vitamin D, but neither provide the new recommended dose of 8.5-10 micrograms of vitamin D.

If there is any concern about vitamin D intakes specifically then vegan vitamin D supplements are available and families should talk to their pharmacist or GP.

Information about suitable supplements can also be found on The Vegan Society website www.vegansociety.com. Families are strongly advised to seek advice from a health professional to ensure they do not provide harmful doses of any nutrients to infants.

Infant formula

It is essential for the healthy development of babies under 1 year of age who are not receiving breastmilk that they are given a first infant formula as their main milk drink. There are no infant formulas suitable for vegan infants currently for sale in the UK because, even if they contain no animal-derived ingredients (for example, if they are made from soya rather than cows' milk), the vitamin D that is added to them has been sourced from sheep's wool lanolin.

Soya-based infant formula

Soya-based infant formula is suitable for vegetarian infants, but should not be given to infants under 6 months of age, nor used as the main milk drink for infants up to 1 year of age, unless recommended by a health professional. This is because there are some concerns about high levels of phyto-oestrogens which can pose a risk to future reproductive health. Soya formula are not recommended for infants who have cows' milk intolerance, as these infants may be, or may become, allergic to soya protein. Soya-based formulas are more likely to cause dental decay, as they contain sugars other than lactose.

Rice-based formula

An infant formula made with hydrolysed proteins from rice is available in Europe. The instructions for making this powdered milk up safely are not in line with UK recommendations to use water that is at least 70°C to ensure any bacteria in the powder are killed. Families should be advised to take great caution buying infant formula on the internet that may not be approved for use in the UK. Any milk alternative made from rice (e.g. rice drinks) that is not a highly modified infant formula must be avoided for children under 5 due to the arsenic content.

Making up infant formula safely

It is essential to follow the manufacturer's instructions carefully when making up infant formula, because milks that are too concentrated can provide too many calories and too little fluid, and milks that are too dilute may not provide enough energy (calories) and nutrients. There is evidence that many people do not make up infant formula correctly. If milks are made up to be more concentrated than they should be, this can lead to overweight or potentially dangerous dehydration.

Powdered milks must be made up safely, as they are not sterile. There are clear guidelines for parents and carers on how to do this on the NHS website: www.nhs.uk/conditions/pregnancy-and-baby/making-up-infant-formula/
For more detailed information about infant formula, see the website www.firststepsnutrition.org/composition-claims-and-costs



Healthy Start

Some low-income families and young parents may be eligible for Healthy Start vitamins and food vouchers, as part of the welfare food scheme. Although the offer has not been designed to accommodate vegan diets, the vouchers can be used to buy fruits and vegetables. To find out more about Healthy Start, see the resource *Making the most of Healthy Start: A practical guide* available at www.firststepsnutrition.org/healthy-start

**Eating well
for vegan
infants from
6 months**



Which milks are suitable from 6 months to 1 year of age?

The main milk drink throughout the first year of life should remain breastmilk or an appropriate first infant formula. It is important to dispel the myth that breastmilk is not important in the second 6 months of life: both mum and baby will benefit from breastfeeding for as long as they both wish to do so.

Unsweetened calcium-fortified soya, nut, oat, coconut, hemp or pea milk alternatives can be used in cooking for infants from 6 months of age. Always check that any milk alternative used is enriched with calcium. Avoid using sweetened non-dairy milk alternatives. Milk alternatives are not suitable as the main milk drink in the first year of life. For more on milk and non-dairy milk alternatives, see page 81.

It is particularly important that rice milk alternative is not given to children under the age of 5 years, as it has been shown to contain traces of arsenic. Drinking rice milk alternative may mean that very young children exceed their tolerable daily intake for arsenic.

Introducing foods to complement breastmilk or infant formula from 6 months

Complementary feeding is the term given for the introduction of solids into a baby's diet alongside breastmilk (or first infant formula). In the UK it is recommended that this starts at about 6 months of age. In the first 6 months of life, infants can get all the fluid and nutrients they need from breastmilk (or from correctly made up infant formula), and there is no need to introduce other foods before an infant's gut and swallow reflexes are fully ready. If parents or carers think an infant needs complementary foods before 6 months (about 26 weeks) of age, they should talk to a health visitor or another qualified health professional.

Introducing foods at 6 months

Once infants reach 6 months of age a wide range of foods can be offered, but the following foods should be introduced carefully one at a time:

- wheat
- nuts, ground nuts, or nut butters
- seeds, crushed seeds, or seed butters
- soya.

Initially give them to your baby in very small amounts and watch for any symptoms of an allergic reaction.

More information about food allergies can be found on page 34.



Baby-led feeding

Most infants are introduced to complementary foods both by being offered small tastes of new foods on a spoon, and by being encouraged to hold foods that they can taste themselves. In 'baby-led feeding', food is not given to the baby on a spoon at all. Instead, babies are encouraged to explore for themselves all the food on offer to them and to eat whatever they can get into their mouths independently. Those who promote baby-led feeding suggest: that babies who are spoon-fed may be given more to eat than they would choose; that spoon-feeding purées delays the experience of chewing; that babies fed food they dislike on a spoon may become fussy eaters; and that allowing full independence in eating encourages the development of a range of motor skills.

Many of the ideas from baby-led feeding already form part of the good complementary feeding practices currently recommended. Encouraging babies to be involved in meal times, to eat similar foods to those enjoyed by others at the table, to hold finger foods and spoons and to try to feed themselves are all recommended practices. Offering babies tastes of foods on a spoon is also, however, a good way for many babies to experience a wide range of tastes and start to replace some of the energy and nutrients they get from milk, with energy and nutrients from other foods. Babies may spit food out when they first try it as the taste and texture may be unfamiliar, but trying a whole range of tastes and textures during the second 6 months of life is important if we want children to eat a range of different foods as toddlers. Few people would disagree with many of the principles of baby-led feeding, but with babies who may be less independent in their eating, offering foods on a spoon at meal times as well can be encouraged during the first year of life to make sure that they eat well and get all the nutrients they need.

There are lots of good sources of information about introducing complementary foods and some of these are outlined in the *Resources* section on page 128.

Drinks – and how to give them

From 6 months of age, infants should be introduced to drinking from a cup or beaker, and from the age of 12 months they should be discouraged from drinking from a bottle. It is best to use cups that are open-topped or which have a spout that is free-running, so that there is no need to 'suck'. Sucking drinks from a bottle teat or spout means the drink spends more time in contact with the teeth and this can lead to dental problems. Baby cups can be useful for introducing drinking from a cup, as they can be held easily and offer a small volume of liquid. Details on where to buy baby cups can be found on page 134.

Babies given breastmilk in the first 6 months of life do not need additional water. Formula-fed babies may be given small amounts of water in hot weather and this should be boiled and cooled for babies under 6 months of age. Tap water is fine for all infants over 6 months of age.

Soft drinks, 'no added sugar' drinks, low-sugar drinks, low-calorie or diet drinks, tea, coffee, rice milk alternative, rice drink and any drinks with additives should not be given to infants.

Baby teeth matter

It is important to protect a baby's teeth from about 6 months of age or when teeth first appear.

- Never offer anything other than milk or water in a bottle.
- Never dip dummies in anything sweet.
- Be careful with sweet foods and avoid those with added sugar and fruit juice.
- Processed fruit baby foods in pouches and jars are often high in free sugars, so use of these should be limited.
- Never let babies suck directly from baby food pouches.
- Brush baby's teeth twice a day every day as soon as teeth appear, using a small smear of fluoridated toothpaste.
- Start taking babies to the dentist as soon as teeth appear.



What to eat

Introducing first foods: a simple guide

Suitable foods

- First foods for babies over 6 months of age can include a wide range of unprocessed foods: vegetables, potatoes, cereal foods (such as rice, oats, polenta, semolina, pearl barley), pulses (peas, beans and lentils), tofu, ground nuts and seeds, and fruits. See pages 18-31 for examples of suitable first foods to give.
- Never add salt, sugar or artificial sweeteners to foods for infants.
- Naturally sweet fruits (such as apples or bananas) or vegetables (such as carrots, sweet potatoes or butternut squash) should be used to sweeten foods rather than adding sugar.
- If using commercial foods, follow the manufacturer's instructions carefully. However, these foods are usually expensive, less nutritious, sweet and bland in taste and too smooth compared to foods you can easily make yourself.

Suitable drinks

- The only drinks that are recommended for infants in the first year are breastmilk or an appropriate first infant formula, and water (see page 13).
- Unsweetened calcium-fortified soya milk alternative can be used in cooking for vegan children from 6 months, but should not be used as the main milk drink until after 1 year of age. Breastmilk or an appropriate first infant formula should remain the main milk drink from 6-12 months of age. Unsweetened calcium-fortified soya milk alternative is cheaply available in most supermarkets. For more information on non-dairy milk alternatives see page 81.

Foods and drinks that are not suitable in the first year of life

Foods that are not suitable

- Ready meals or take-away foods
- Savoury or salty snacks
- Very high-fibre foods (such as high-bran-type cereals)
- Any foods with special ingredients, designed for adults – for example, low-fat or low-sugar products, or fortified products
- Artificially sweetened foods
- Foods with the additives E102, E104, E110, E122, E124, E211 or E219
- Honey (Many vegans avoid honey, but for those who do eat it, it is important not to give it to babies).
- In addition, avoid whole nuts or chunks of food such as apple that might be a choking risk. (For more on food safety, see page 86.)

Drinks that are not suitable

- Soft drinks, squashes, fruit juices or cordials, either with or without added sugar
- Drinks with added caffeine or stimulants
- Artificially sweetened drinks
- Drinks with the additives E102, E104, E110, E122, E124, E211 or E219
- Rice milk alternative or rice drinks
- Any types of tea or coffee
- Alcohol



How to eat

How much food to offer

The aim of first foods is to get infants used to new tastes and textures. Every baby will be different, and some will enjoy food from the beginning, some may help themselves to food straight away and be independent eaters quite quickly, and some may manage several spoons of newly introduced foods, while others will take longer to get used to new tastes.

Breastmilk or an appropriate infant formula will provide the majority of energy (calories) and nutrients when complementary foods are first introduced. The amount of food can be gradually increased over the first few weeks until babies are managing to eat in a pattern similar to that shown for infants aged 7-9 months on page 38. Babies will automatically drink less milk as their food intake increases.

Texture and flavours

Some babies will be ready and eager to hold food, feed themselves and enjoy a variety of foods of different textures from 6 months of age. Some babies may need more encouragement to start on solid food, and offering smooth or mashed food on a spoon may be useful to get them accustomed to new textures and tastes. It can be useful to start new tastes with savoury vegetable flavours, as evidence suggests that babies introduced to single vegetable flavours over the first few days of complementary feeding are more accepting of vegetables in meals later on.

Avoid using pouches of ready-made puréed food, as these often mix up flavours and offer predominantly sweet tastes. They are often lower in nutrients than home-prepared foods and have a very smooth texture that most babies don't need if they start eating at 6 months. If using these foods, never let the baby eat directly from the pouch.

Never add any foods to a baby's bottle (such as cereal or rusks) as this can cause choking and confuse a baby's appetite.

Mealtimes

- At 6 months, babies should be able to sit up with some support and they should be in a sitting position when they are offered food.
- If you are offering a baby food on a spoon, sit opposite or close by and make eye contact as you do so. This means you can follow the baby's cues on when they are ready for the next spoonful.
- Avoid distractions at mealtimes, such as sitting a baby in front of a television, phone or tablet. Mealtimes are an ideal opportunity for interacting with baby and making conversation.
- Offer small amounts of food before milk feeds at mealtimes, and give individual tastes to start with, focusing on savoury foods.
- Don't be surprised if the baby initially spits the food out or appears to dislike it. New tastes take a little getting used to and you may have to offer a food between five and ten times before it becomes accepted.
- Never force babies to eat. Allow them to go at their own pace, to handle food, and to start to feed themselves as soon as they wish.

Safety at mealtimes

- Always stay with babies during meals and keep an eye on what they are eating to make sure they don't choke.
- If using a highchair, make sure the baby is safely strapped in.

Foods to introduce to infants from 6 months

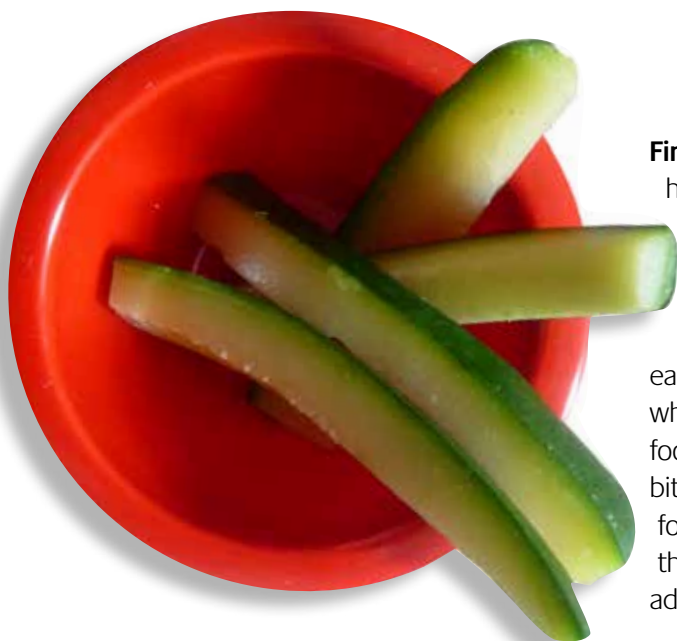
At about 6 months of age, babies will be ready for solid foods alongside the breastmilk or infant formula that still provides most of their energy and nutrients. Some babies will happily eat finger foods and mashed foods, and may progress swiftly to a range of tastes and textures. Other babies may progress more slowly and start off on smooth foods given on a spoon alongside foods they can hold themselves, with the aim of moving on to mashed foods and other textures as they become more confident eaters.



Smooth foods can be prepared by cooking foods well, pushing them through a sieve, or blending them with a little breastmilk or infant formula – or unsweetened calcium-fortified soya milk alternative if baby is over 6 months old. Some foods can be easily mashed to a smooth consistency. Smooth foods should have no big lumps, pips, seeds or skin.

Mashed foods are simply raw or cooked foods mashed to a smooth but slightly lumpy consistency. This can usually be achieved easily by mashing the food with a fork, using some breastmilk or infant formula – or unsweetened calcium-fortified soya milk alternative if baby is over 6 months old – to aid the mash where needed.





Finger foods are pieces of food that babies can hold and use to feed themselves. Babies will often show their readiness to start eating by showing an interest in holding foods and putting foods to their mouth, and it is important to encourage independence in eating. Babies are able to pick things up with their whole hand after 6 months and the best finger foods to offer are ones that are soft and easy to bite and chew. It can be useful to make the finger foods slightly bigger than a baby's hand, so that they can grip things in their fist. The size of an adult finger is a good guide.



Never leave babies alone when they are eating at any time, but pay particular attention when they are eating finger foods to make sure that they don't choke on any pieces that break off in their mouth as they develop their eating skills.

TIPS ON FINGER FOODS

- Make sure finger foods don't contain any pips, stones, tough skin or stringy bits.
- To start with, offer soft or cooked vegetables and fruit.
- Avoid whole grapes, chunks of apple or carrot, nuts and popcorn, as these are the foods babies are most likely to choke on. Also avoid small, hard foods and those that are in gelatinous pieces. Always stay with babies when they are eating.
- If you are offering raw food, make sure it is washed thoroughly.

Vegetables

Vegetables are good first tastes to introduce to infants. Try vegetables one at a time to start with, to introduce new flavours, and then try combinations. To thicken smooth or mashed vegetables, add potatoes or sweet potatoes. Make sure a wide variety of vegetable foods is offered and that foods from across the rainbow of vegetable colours are introduced into babies' diets. Brightly coloured foods will be attractive to infants, but there is no need to use expensive vegetables. Using vegetables in season and from local sources will be most cost-effective.

Never add salt or sugar to foods served to babies.

Smooth

Mashed

Finger food

AVOCADO



Smooth

Mashed

Finger food

BROCCOLI



Smooth

Mashed

Finger food

BUTTERNUT
SQUASH

Smooth



Mashed



Finger food



CARROT

Smooth



Mashed



Finger food



CAULI-FLOWER

Smooth



Mashed



Finger food



COURGETTE

Smooth

Mashed

Finger food

GREEN BEANS



Smooth

Mashed

Finger food

MUSHROOM



Smooth

Mashed

Finger food

PARSNIP



Smooth

Mashed

Finger food

PEAS



Smooth



Mashed



Finger food



RED PEPPER

Smooth



Mashed



Finger food



RUNNER BEANS

Smooth



Mashed



Finger food



SWEDE

Starchy foods

A range of starchy foods can be offered as first foods. These can be: starchy root vegetables such as potato, sweet potato, yam or manioc; rice; porridge made from oats; cereals such as pearl barley, semolina (ground wheat), or polenta (corn meal); or other cereals such as quinoa or millet. You can cook and mash rice, porridge and other cereals rather than buy expensive infant versions, and ground rice and semolina are smooth cereals when made up. Cereals can be mixed with breastmilk, infant formula or a suitable milk alternative.

Never add salt or sugar to food served to babies.



Smooth

Mashed

Finger food



POTATO

Smooth

Mashed

Finger food



SWEET
POTATO

Smooth

Mashed

Finger food



MANIOC

SEMOLINA

POLENTA – Smooth

POLENTA – Finger food



Protein foods

These protein foods are also rich in other important nutrients.

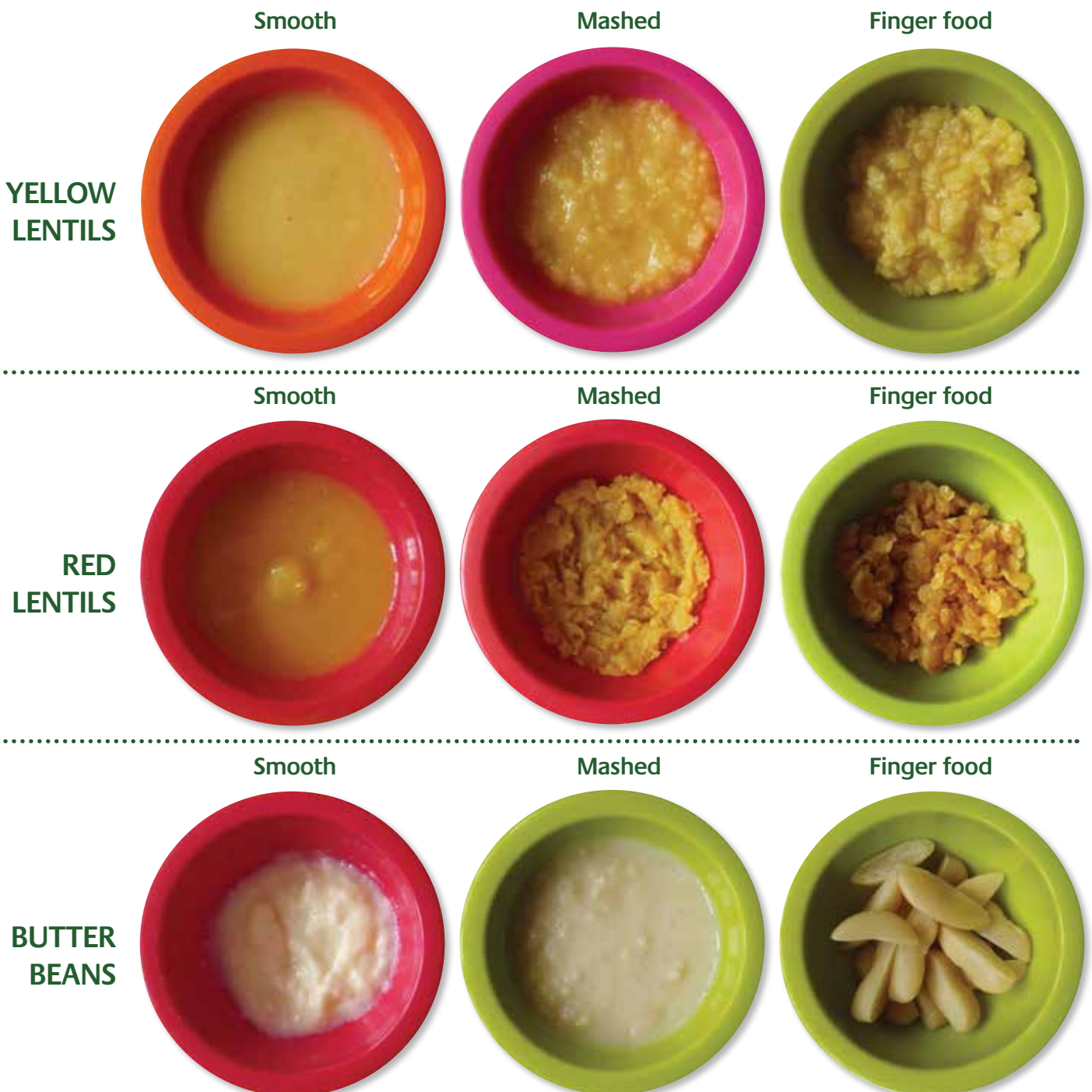
Vegan infants need a good variety of protein foods such as different peas, beans, lentils, soya beans, tofu, plain soya yoghurt, plain coconut yoghurt, and nut and seed butters. *

Many of these foods are rich in iron and zinc, which are important nutrients for babies. Pulses are very good first foods to offer as they can be mashed easily and provide a variety of tastes and textures.

Tofu can be mixed with other foods as it mashes easily and has a smooth texture. Unsweetened soya yoghurt or coconut yoghurt can be mixed with other foods as well, to make them smoother.

Never add salt or sugar to food served to babies.

* If there is a family history of allergy, consult a health professional before giving nut butter at 6 months.



Smooth



Mashed



RED
KIDNEY
BEANS

Smooth



Mashed



Finger food



TOFU



PLAIN
COCONUT
YOGHURT



PLAIN
SOYA
YOGHURT

Fruits

Once infants have accepted other savoury tastes, fruit can be introduced. Fruit will be accepted more readily than vegetables by most babies as it has a sweet taste. Cook fruits to soften them, or mash soft fruits. If making a smooth version, make sure the fruit is free of pips and skin. Any type of fruit can be used – canned in juice, frozen or fresh. If using canned fruit, avoid fruit canned in syrup. If fruits are naturally sour, add a sweeter fruit such as apple or banana to make it more palatable.

If serving fruit as finger foods, make sure the pieces are soft and manageable, and avoid chunks of apple or harder fruits.

Never add sugar or salt to foods served to babies.

Smooth

Mashed

Finger food

APPLE



Smooth/mashed

Finger food

BANANA



Smooth

Mashed

Finger food

CANNED PEACH



Smooth/mashed



Finger food



KIWI

Smooth



Mashed



Finger food



MANGO

Smooth



Mashed



Finger food



MELON

PEAR

Smooth



Mashed



Finger food



PINEAPPLE

Smooth



Mashed



Finger food



PLUM

Smooth



Mashed



Finger food



Smooth



Mashed



Finger food



RASPBERRIES

Smooth



Mashed



Finger food



STRAW-
BERRIES

Smooth/mashed



Finger food



WATER-
MELON

Finger foods for older babies

As babies learn to handle foods in their mouth, become more dextrous and learn to bite and chew, a wider range of finger foods can be offered. Some examples of finger foods for more confident eaters are shown here. Some babies will become confident eaters very quickly, while others might be developmentally slower, so follow each baby's cues. Always stay with babies and young children when they are eating and watch that they don't get into difficulty with any pieces of food they bite off.



Breadsticks



Toast



Macaroni



Carrots



Rice cakes



Cucumber



Green pepper



Sweetcorn



Okra



Tomatoes



Red pepper



Black grapes

General tips for eating well from 6–12 months

Families can sometimes be anxious about introducing solid foods to babies. For example, they may worry about whether their baby can manage to swallow the food safely, whether they might have a reaction to a new food, whether they might like the food offered, or whether they will know how much food to offer.

Anxiety around introducing solids can mean that some families rely on soft foods for a longer period than needed, may offer a restricted range of foods, or may be unsure how to try new foods when a baby has initially shown disinterest.

Some of the questions and answers below may help families as they introduce solid food.

I have tried to offer my baby tastes of food on a spoon, but he just turns his head away.

If your baby is under 6 months of age, they might not be ready for solid foods yet. If they are about 6 months old and show the signs of readiness for solids (being able to sit up and hold their head steady, picking up food and moving it to their mouth, and swallowing food), keep offering tastes of foods at mealtimes on a spoon when they are alert and happy, but always wait for them to open their mouth. Give them finger food to hold as well, to get them interested in the tastes and smells of food. It takes a while for some babies to realise that food, as well as breastmilk or an appropriate infant formula, can satisfy their hunger. Don't force a baby to eat. They will get the hang of it if you keep gently trying.

I have followed the advice on offering mashed vegetables as the first tastes but I am sure my baby just doesn't like things like broccoli as she makes a face and spits it out!

A baby will often grimace when trying a new food as it is unfamiliar, but that doesn't mean that they don't like it. Research suggests that it can take up to ten times of offering a food for a baby to accept it readily, but that if you do persevere with a range of flavours, starting with savoury tastes, this will make them a much better eater in the long run.

I am worried about my baby choking if the food is not very smooth.

Babies take different amounts of time to get used to lumps in food, but this is an important skill they need to learn. Try to offer a range of increasingly lumpy textures when they are 6 to 7 months old, and always stay with your baby so you can be sure they are not getting into difficulty. You may be surprised how well they manage to handle the food in their mouth and swallow it safely. There is no evidence babies choke more when feeding themselves, so let them get involved.

I get very anxious around feeding my baby at mealtimes, and am just not sure I'm doing it right.

If you feel anxious, talk to your health visitor or staff at your local children's centre, and they will give you tips for managing mealtimes and managing your own feelings. We know that when families are stressed this can impact on how they feed their baby. So, if you feel you are not coping, that your baby is more difficult or fussy at mealtimes than other babies, or that you are not good at reading your baby's 'cues' around when they are hungry, ask for help.

Resources for helping and supporting families

The Institute of Health Visiting provides resources both for health professionals and for families, to support them around a range of parenting issues including eating well and dealing with emotional issues. See www.ihv.org.uk

In some areas, training in the HENRY (Health, Exercise, Nutrition for the Really Young) programme will provide staff with skills to help parents to gain the confidence, knowledge and tools, as well the parenting skills, they need to adopt a healthy family lifestyle and support their infants and toddlers to eat well. See www.henry.org.uk

The Solihull Approach Training Programme can also empower health professionals in their work with families around emotional issues. See www.solihullapproachparenting.com



Food allergies

Food variety is important in a baby's diet but there is also a small chance that a baby may have one or more food allergies. Overall about 1-4% of children will have a true food allergy, but this will be higher in younger children. It is much more likely your baby will have a food or other allergy if they come from an 'atopic' family (a family where one or both parents have eczema, hayfever or asthma, or have food allergies themselves). Most children will grow out of food allergies, however, and it is important to seek advice if you suspect your baby has an allergy.

If babies are from atopic families, breastfeeding offers the greatest protection against allergy development.

There is no evidence to suggest that avoiding ingredients that either contain, or are themselves allergens during pregnancy, or giving these ingredients to infants before 6 months of age, or much later, will help prevent them developing a food allergy. In fact, there is evidence that delaying the introduction of peanut beyond 6 to 12 months may increase the risk of developing an allergy to these foods.

What does an allergic reaction look like?

Allergic reactions can vary but any of the following may be symptoms:

- diarrhoea or vomiting
- a cough
- wheezing or shortness of breath
- itchy skin or throat
- a rash
- swollen lips and throat
- runny or blocked nose, or
- sore, red and itchy eyes.

Once potentially allergenic foods such as wheat, nuts, seeds and soya have been introduced and no reactions have been seen, these foods should become part of the baby's usual diet to minimise the risk of allergy.

If you think a child is having an allergic reaction

If a parent thinks their child shows any symptoms that may be related to food allergy, suggest that they talk to their GP for advice, or call NHS Direct on 111 for non-urgent medical enquiries. In rare cases there can be a severe anaphylactic reaction that can be life-threatening. If you think a baby is suffering a severe allergic reaction, always call 999 and ask for a paramedic.

You can find out more at www.nhs.uk/babyfoodallergy

Gluten-free diets

There is no need to restrict gluten (the protein found in some cereals such as wheat, rye and barley) in the diet of babies over 6 months of age, even if there is a history of gluten intolerance in the family. Gluten has to be present in the diet for a diagnosis of gluten intolerance to be made. Advice on symptoms and diagnosis can be found at www.coeliac.org.uk. Gluten-free diets also restrict oats as some people with coeliac disease are also intolerant to oats. In this resource we have indicated which recipes are gluten-free because, although few babies will need to have gluten-free diets, other family members who may need to have a gluten-free diet may want to eat the same food.

Fussy eating

If babies are introduced to new foods and flavours at about 6 months of age, are able to watch and mimic older children and adults eating the same foods, and are encouraged to be independent eaters, they are likely to accept a range of foods. If the introduction of foods is left until later in the first year, babies may be less keen to try new foods. So introducing foods at about 6 months of age is important. Most advice around fussy eating is aimed at toddlers who are more likely to go through a phase of food refusal, but some of the tips to encourage babies to eat well, above, may be useful if families are anxious about fussy eating in babies.

Breastfed babies are more likely to accept new food tastes because flavours from food that their mums eat will have passed into the breastmilk, preparing babies for a range of flavours.

Active babies

Being physically active every day is important for the healthy growth and development of babies. Babies should be encouraged to be active throughout the day, every day. Before your baby begins to crawl, encourage them to be physically active by reaching and grasping, pulling and pushing, moving their head, body and limbs during daily routines, and during supervised floor play, including tummy time. Tummy time – when babies lie on their tummy or side while they're awake – is important for babies' healthy development. Babies can be put on the floor, on a safe firm surface, or on someone's lap or chest – whatever works best. This supports development overall and will encourage muscle development in their neck, back and arms, which will help them learn to roll and crawl. Always supervise tummy time and remember all babies are different and some will take longer to learn or enjoy new skills and experiences.

Once babies can move around, encourage them to be as active as possible in a safe, supervised and nurturing play environment. For useful information on how to play actively with babies, see www.nhs.uk/start4life/get-going-every-day



**Eating well
for vegan 7-9
month olds**



Eating well for vegan 7-9 month olds

What should 7-9 month old infants eat and drink?

By 7-9 months of age, a baby should be eating a range of mashed foods and some finger foods, and be offered three meals a day, as well as having breastmilk or an appropriate first infant formula.

A 7-9 month old baby might have an eating pattern something like the one shown below.

Example menu plan for 7-9 month olds	
On waking	Breastmilk or first infant formula
Breakfast	Cereal or other breakfast Finger food
Sleep	
Lunch	Savoury meal Savoury finger food Breastmilk or first infant formula
Sleep	
Tea	Savoury meal Savoury finger food Breastmilk or first infant formula
Before bed	Breastmilk or first infant formula

How much food does a 7-9 month old need to complement milk feeds?

To complement the energy that a baby will get from breastmilk or about 600ml of infant formula, it is estimated that a 7-9 month old baby will need approximately 250kcal each day from food. However, this figure is an average and babies will have variable appetites and energy needs and should be encouraged to eat to appetite. Babies of this age will also need about 5.9g protein, 225mg calcium, 4.8mg iron and 1.4mg zinc from food each day to complement the nutrients in breastmilk or infant formula (as well as the fat and carbohydrate and a range of other vitamins and minerals that their foods will provide). We have used these average figures to calculate the amount of food and types of food that will meet a baby's needs at this age.

Breastfed babies

Breastfed babies will still be fed responsively by their mums, and as food intake increases, breastmilk intake will decline. It is important to offer increasing amounts of food at meals to ensure babies get all the nutrients they need, as well as the opportunity to get used to a wide range of tastes and textures, and the enjoyment of eating with others. There is no need to know how much milk a breastfed baby is drinking – mums will follow their baby's cues, and of course a breastfeed may also be about comfort and nurturing as well as about a feed.

Formula-fed babies

Formula-fed babies will probably have about 600ml of milk a day in a bottle or cup at 7-9 months, and how these drinks are spaced between meals will depend on the family schedule. Babies at this age often still have a milk drink on waking, and before naps and bedtime. If babies fill up on milk before meals, they may be less interested in trying new foods, so giving milk drinks after meals is recommended.

Vitamin D

It is recommended that all breastfed babies should receive a supplement of 8.5-10 micrograms of vitamin D a day from birth. Babies consuming at least 500ml of infant formula a day do not need additional vitamin D. Families should always follow the advice of the health professional who advises their family. See page 9 for more on vitamins for babies.

What consistency should the food be?

Babies at this age should be able to manage mashed food with some soft lumps in it.

Why do babies of this age need finger foods?

It is important that babies learn to feed themselves, and most will be very keen to take an active part in mealtimes. Babies need to learn to bite off small, soft lumps of food, manage them in the mouth and swallow them. Also, picking up foods helps a child to develop manual coordination and dexterity, and learning about textures is an important part of development.

Finger foods for 7-9 month olds

Finger foods for 7-9 month olds should be soft, so that babies can start to bite pieces of food in their mouth. Cut soft foods into manageable-sized pieces, making sure there are no stringy bits, skin or pips.

Soft finger foods suitable at this age include the following:

- *Soft fruit* such as melon, mango, kiwi, banana, peach, or canned fruits in juice (drained)
- *Cooked vegetables* such as carrot, parsnip, green beans, mange-tout or red pepper
- *Cooked starchy foods* such as potato, sweet potato or pasta pieces.

Portion sizes

It is important not to worry about portion sizes at this age. There will be mess, there will be days when babies eat a lot less than others, and some foods may be rejected completely the first time they are offered.

The golden rules

- Offer simple and unprocessed foods.
- Let baby get involved in the eating experience.
- Avoid ultra-processed foods.

Offering a variety of the example meals and finger foods shown on pages 41-54 will, alongside breastmilk or infant formula and any supplements recommended, provide an average 7-9 month old baby with the energy and nutrients they need for growth and activity. (The plates and bowls used in this resource are shown in actual size on page 134.)

Never force babies to eat, and accept that learning to eat is part of overall development. We don't force babies to crawl at a certain age, and babies will vary in the speed at which they accept new foods and food textures. It is not a race.

Encouraging drinking from a cup

Infants should be encouraged to drink from an open cup and can be offered sips of water from a small baby cup or an open cup with handles at mealtimes.

The only drinks that are recommended for 7-9 month olds are breastmilk or an appropriate infant formula, and water (see page 14).



Example meals for vegan 7-9 month olds

This section contains some example meals that give an idea of the types of foods and amounts of foods that can help meet the nutritional needs of vegan 7-9 month olds alongside breastmilk or an appropriate first infant formula and any recommended supplements.

All of the recipes included in this section are also suitable for vegetarians and for those on dairy-free and/or egg-free diets. We have also indicated which recipes are gluten-free.

Vegan breakfasts for 7-9 month olds

Apple porridge made with soya milk alternative. Finger food: Banana

Baby rice made with soya milk alternative, with banana. Finger food: Kiwi

Pear and prune compôte made with soya yoghurt. Finger food: Canned peach slices

Weet bisk with soya milk alternative and sultanas. Finger food: Poached pear

Vegan savoury meals for 7-9 month olds

African sweet potato stew. Finger food: Sliced avocado

Avocado and peas with mashed potato. Finger food: Cooked baby carrots

Chick pea and spinach dahl with mashed sweet potato. Finger food: Cooked red pepper

Chick pea, leek and carrot stew. Finger food: Cooked broccoli florets

Kidney bean, apple and root vegetable stew. Finger food: Cooked macaroni or pasta shapes

Pink risotto. Finger food: Fried tofu cubes

Potato, mint and soya yoghurt mash with sweet potato. Finger food: Sweetcorn

Rice, red lentil and cauliflower purée. Finger food: Cooked green beans

Vegan desserts for 7-9 month olds

Mango fool

Nectarine and apple compôte with soya cream

Rice pudding made with soya milk alternative, with dried apricot purée

Semolina made with soya milk alternative, with date purée

BREAKFAST**7-9 months**

Apple porridge made with soya milk alternative

This recipe makes 4 portions of about 120g.

Ingredients

40g porridge oats

400ml unsweetened calcium-fortified soya milk alternative

120g grated apple (1/2 large apple, cored and peeled)

1/2 teaspoon cinnamon powder

Method

1. Place all the ingredients in a non-stick saucepan and simmer for 10 minutes, stirring all the time, until the porridge is cooked.
2. Allow to cool before serving.

Finger food: Banana.

Serve the banana in fingers, to make it easier for the baby to hold.



Baby rice made with soya milk alternative, with banana

This recipe makes 4 portions of about 110g. Gluten-free.

Ingredients

350ml unsweetened calcium-fortified soya milk alternative, warm or cold

40g baby rice

1 small banana

Method

1. If using warm milk, heat the milk. Mix the milk with the rice and stir well.
2. Peel and mash the banana.
3. If using warm milk, check the temperature before serving. Add a dessertspoon of banana to each bowl before serving.

Finger food: Kiwi.

Peel and slice the kiwi fruit and cut it into fingers.



BREAKFAST**7-9 months**

Pear and prune compôte made with soya yoghurt

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

1 ripe or soft-poached pear

60g prunes canned in juice, drained

200g unsweetened soya milk yoghurt

Method

1. Peel, core and finely chop the pear if ripe and soft. If firm, poach it in a little water until soft and then chop finely.
2. Finely chop the canned prunes.
3. Combine the chopped fruit and spoon it over the yoghurt.

Finger food: Canned peach slices.
Use peach slices canned in juice, drained.



Weet bisk with soya milk alternative and sultanas

This recipe makes 4 portions of about 100g.

Ingredients

4 weet bisks

350ml unsweetened calcium-fortified soya milk alternative

60g sultanas

Method

1. Crumble the weet bisks and add the soya milk alternative.
2. Chop the sultanas and mix them into the cereal mixture.

Finger food: Poached pear.

Serve soft fingers of poached pear that are easy to hold.



SAVOURY MEAL

7-9 months

African sweet potato stew

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

- 1/2 tablespoon vegetable oil
- 1 small onion, peeled and diced
- 1 medium sweet potato, peeled and cut into chunks
- 50g frozen green beans, chopped into small pieces
- 1 tablespoon tomato purée
- 150ml water
- 1 tablespoon smooth peanut butter
- 1 small (210g) can kidney beans canned in water, drained (drained weight 130g)

Method

1. Heat the oil in a pan, over a medium heat.
2. Add the onion and cook gently for 5 minutes or until tender.
3. Add the sweet potato, green beans, tomato purée and water and simmer for 20 minutes or until the sweet potatoes are cooked through.
4. Stir in the peanut butter and kidney beans. Mash until smooth, with soft lumps.
5. Allow to cool before serving.

Finger food: Sliced avocado



Avocado and peas with mashed potato

This recipe makes 4 portions of about 95g. Gluten-free.

Ingredients

- 1 large potato, peeled and diced
- 1 tablespoon unsweetened calcium-fortified soya milk alternative
- 90g frozen peas
- 1 large ripe avocado, stoned and peeled
- 1/4 tablespoon mint, finely chopped (optional)

Method

1. Boil the potato until tender, and then drain and mash it with the soya milk alternative.
2. Boil the peas in water until tender, and then drain and allow to cool.
3. Mash the peas with the avocado and mint.

Finger food: Cooked baby carrots



SAVOURY MEAL

7-9 months

Chick pea and spinach dahl with mashed sweet potato

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

- 1 teaspoon vegetable oil
- 1 small onion, peeled and diced
- 1 teaspoon garlic purée
- 1/2 teaspoon turmeric powder
- 1 small (210g) can chick peas canned in water, drained (drained weight 130g)
- 150g fresh or frozen spinach
- 1 large sweet potato, peeled and diced

Method

1. In a frying pan, heat the oil and cook the onion until soft. Add the garlic and turmeric, and cook for 2 to 3 minutes.
2. Add the drained chick peas and spinach, and cook until the spinach has wilted. Or, if using frozen spinach, cook until it is defrosted and cooked through.
3. Mash the mixture with a fork to make a smooth mixture, with soft lumps.
4. Boil the sweet potato until tender and then mash it.
5. Serve the cooled chick pea dahl with the mashed sweet potato.

Finger food: Cooked red pepper



SAVOURY MEAL

7-9 months

Chick pea, leek and carrot stew

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

1/2 tablespoon vegetable oil

1 small leek, trimmed, washed and finely chopped

1 small carrot, peeled and diced

150ml water

1 small can (210g) chick peas canned in water, drained
(drained weight 130g)

2 tablespoons tomato purée

Method

1. Heat the oil in a saucepan. Add the leek and cook until soft.
2. Add the carrots and water.
3. Bring to the boil, reduce the heat, cover and simmer for 30 minutes until the vegetables are soft.
4. Add the chick peas and tomato purée to the vegetables and their juices and mash until smooth, with soft lumps.
5. Allow to cool before serving.

Finger food: Cooked broccoli florets



SAVOURY MEAL

7-9 months

Kidney bean, apple and root vegetable stew

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

1/2 large parsnip, peeled and diced

1/8 swede, peeled and diced

200ml water

1/2 apple, peeled, cored and diced

1 small (210g) can kidney beans in water,
(drained weight 130g)

Method

1. Put the parsnip and swede in a saucepan with the water and bring to the boil.
2. Turn down the heat and simmer for 10 minutes.
3. Add the apple and kidney beans and simmer for a further 10 minutes until the vegetables are thoroughly cooked.
4. Mash with the cooking liquid until mostly smooth, with some soft lumps.

Finger food: Cooked macaroni or pasta shapes



Pink risotto

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

1/2 tablespoon vegetable oil

1/2 small onion, peeled and finely chopped

50g basmati rice

100ml boiling water

150g (2 or 3) cooked beetroot (vacuum-packed, not in vinegar), finely diced

1/2 small (220g) can chopped tomatoes

Method

1. Heat the oil in a saucepan and sauté the onion until soft.
2. Add the rice and stir until well coated.
3. Pour the boiling water over the rice, cover and cook for 8 minutes.
4. Stir in the diced beetroot, reduce the heat, cover and cook for about 12 minutes or until the water has been absorbed.
5. Add the chopped tomatoes and mash until smooth, with soft lumps. Allow to cool before serving.

Finger food: Fried tofu cubes.

Tofu can be hard for a baby to hold. To make firmer cubes, remove excess liquid by placing the tofu block under a plate and waiting for 5 to 10 minutes. Cut the tofu into cubes and gently fry in vegetable oil on all sides until lightly browned. Allow to cool before serving.



SAVOURY MEAL

7-9 months

Potato, mint and soya yoghurt mash with sweet potato

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

1 large potato, peeled and diced

50g unsweetened soya yoghurt

1/2 tablespoon chopped mint

1 large sweet potato, peeled and diced

Method

1. Boil the potato in water until tender.
2. Drain the potato and then mash it with the yoghurt and mint.
3. Boil the sweet potato until soft and then mash it. Allow to cool, and then serve with the potato and yoghurt mixture.

Finger food: Sweetcorn.

Use sweetcorn canned in water, drained.



Rice, red lentil and cauliflower purée

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

- 1/2 large carrot, peeled and diced
- 1/2 medium sweet potato, peeled and diced
- 1/4 cooking apple, cored, peeled and diced
- 40g red lentils
- 200ml water
- 6 cauliflower florets
- 60g white rice, cooked in boiling water until tender

Method

1. Place the carrot, sweet potato and apple in a saucepan with the lentils and water and bring to the boil.
2. Turn down the heat, cover and simmer for 15 minutes.
3. Add the cauliflower and cook for a further 10 minutes.
4. Mash until smooth, with soft lumps, and allow to cool before serving.
5. Serve with the cooked white rice.

Finger food: Cooked green beans



DESSERT

7-9 months

Mango fool

This recipe makes 4 portions of about 75g. Gluten-free.

Ingredients

1/2 large mango, peeled, stoned and diced

200g unsweetened soya yoghurt

Method

1. Roughly mash the mango.
2. Mix the mango with the yoghurt.



Nectarine and apple compôte with soya cream

This recipe makes 4 portions of about 60g. Gluten-free.

Ingredients

1 large nectarine, peeled, stoned and diced

1 small apple, peeled, cored and diced

2 tablespoons water

4 dessertspoons unsweetened soya cream

Method

1. Place the nectarine, apple and water in a saucepan and bring to the boil.
2. Turn the heat down, put a lid on the saucepan, and simmer until the apple is soft.
3. Mash the fruit.
4. Allow to cool before serving. Add a dessertspoon of cream to each portion.



DESSERT

7-9 months

Rice pudding made with soya milk alternative, with dried apricot purée

This recipe makes 4 portions of about 60g. Gluten-free.



Ingredients

250ml unsweetened calcium-fortified soya milk alternative

40g pudding rice

10-15 soft dried apricots, finely chopped

Method

1. Place the milk and rice in a pan, bring to the boil and then simmer gently, stirring occasionally, until the milk has been absorbed and the rice is soft. This may take about 15 minutes.
2. Soak the chopped dried apricots in boiling water for 10 minutes and then push through a sieve to make a purée.
3. Serve the rice pudding with a spoonful of purée on the top. Allow to cool before serving.

Semolina made with soya milk alternative, with date purée

This recipe makes 4 portions of about 50g.



Ingredients

20g semolina

300ml unsweetened calcium-fortified soya milk alternative

10 dried dates or figs, finely chopped

Method

1. Place the semolina and milk in a pan and bring to the boil. Reduce the heat and simmer until soft, stirring regularly.
2. Soak the chopped dried fruit in boiling water until soft. Drain the fruit and push it through a sieve to make a purée.
3. Mix the semolina and dried fruit purée together. Allow to cool before serving.



**Eating well
for vegan
10-12 month
olds**



Eating well for vegan 10-12 month olds

What should 10-12 month old infants eat and drink?

By 10-12 months of age, a baby should be able to manage a range of minced and chopped foods, and be offered three meals a day, as well as having breastmilk or feeds of an appropriate first infant formula. A 10-12 month old baby might have an eating pattern something like the one shown below.

Example menu plan for 10-12 month olds	
Breakfast	Cereal or other breakfast Fruit as a finger food Breastmilk or first infant formula
Sleep	
Lunch	Savoury meal Savoury finger food Dessert Water in a cup to drink Breastmilk or first infant formula
Sleep	
Tea	Savoury meal Savoury finger food Dessert Fruit finger food
Before bed	Breastmilk or first infant formula

How much food does a 10-12 month old baby need?

To complement the energy that a baby will get from breastmilk or about 400ml of infant formula, it is estimated that a 10-12 month old will need about 450kcal a day from food. However, this figure is an average and babies will have variable appetites and energy needs and should be encouraged to eat to appetite. It is estimated that a 10-12 month old will need about 9.7g protein, 325mg calcium, 5.8mg iron and 2.6mg zinc from their food each day (as well as the fat, carbohydrate and a range of other vitamins and minerals that their foods will provide). We have used these average figures to calculate the amount of food and types of food that will meet a baby's needs at this age.

Breastfed babies

Breastfed babies will still be fed responsively by their mums, and as food intake increases, breastmilk intake will decline. It is important to offer increasing amounts of food at meals to ensure babies get all the nutrients they need, as well as the opportunity to get used to a wide range of tastes and textures, and the enjoyment of eating with others. There is no need to know how much milk a breastfed baby is drinking – mums will follow their baby's cues, and of course a breastfeed may also be about comfort and nurturing as well as satisfying hunger and thirst.

Formula-fed babies

Formula-fed babies will probably have about 400ml of infant formula a day in a bottle or cup at 10-12 months. How these drinks are spaced throughout the day will depend on the family schedule. It is important babies don't fill up on milk before meals as they may be less interested in trying new foods and eating increasing amounts, so milk drinks may fit in better before naps or after meals.

Vitamin D

It is recommended that all breastfed babies should receive a supplement of 8.5-10 micrograms of vitamin D a day from birth. Families should always follow the advice of the health professional who advises their family. Babies consuming at least 500ml of infant formula a day do not need additional vitamin D. See page 9 for more on vitamins for babies.

What consistency should the food be?

Foods for babies of this age should be minced and chopped rather than mashed, and babies who are eating well can be introduced to some harder foods to get them used to biting and chewing. Cut harder foods into small pieces so that the baby can't bite off too large a piece and choke.

Finger foods for 10-12 month olds

By 10-12 months, babies can start to have a bigger range of finger foods with their meals. These can include raw fruit and vegetables, and crunchy and chewy foods.

Examples of finger foods for 10-12 month olds include the following:

- *Raw fruit and vegetable pieces* (with any pips and stones removed) – such as apple, pear, banana, orange segments, halved cherries or grapes, cucumber, carrot, pepper or green beans
- *Dried fruit* – such as chopped soft dried prunes or ready-to-eat apricots
- *Starchy foods* such as breadsticks, rice cakes, bread crusts, pitta bread strips, toast, potato, yam or pasta
- *Other foods*
 - tofu or Seitan
 - cooked soft peas and chopped beans
 - pulses such as cooked lentils
 - nut or seed butters (such as tahini) on strips of bread or pitta bread.

Portion sizes

It is important not to worry about portion sizes at this age. There will be mess, there will be days when babies eat a lot less than others, and some foods may be rejected completely the first time they are offered. For more information on how to encourage babies to eat well, see page 15.

The golden rules

- Offer simple and unprocessed foods.
- Let baby get involved in the eating experience.
- Avoid ultra-processed foods.

Offering a variety of the example meals and finger foods shown on pages 60-74 will, alongside breastmilk or infant formula and any recommended vitamin supplements, provide an average 10-12 month old baby with the energy and nutrients they need for growth and activity. (The plates and bowls used in this resource are shown in actual size on page 134.)

Never force babies to eat, and accept that learning to eat is part of overall development. We don't force babies to crawl at a certain age, and babies will vary in the speed at which they accept new foods and foods textures. It is not a race.



Encouraging drinking from a cup

The only drinks that are recommended for 10-12 month olds are breastmilk or an appropriate infant formula milk, and water (see page 14). Infants should be encouraged to drink from an open cup and can be offered sips of water from a small baby cup or an open cup with handles at mealtimes.



Using spoons

It is important to encourage infants to feed themselves with their fingers and also to use cutlery. Babies enjoy holding spoons and can be gently encouraged to use them to feed themselves at mealtimes, bearing in mind that this will be a slow, variable and messy process at times.



Example meals for vegan 10-12 month olds

This section contains some example meals that give an idea of the types of foods and amounts of foods that can help meet the nutritional needs of vegan 10-12 month olds alongside breastmilk or an appropriate first infant formula.

All of the recipes included in this section are also suitable for vegetarians and for those on dairy-free and/or egg-free diets. We have also indicated which recipes are gluten-free.

Vegan breakfasts for 10-12 month olds

Gram flour 'omelette' with baked beans. Finger food: Fried mushrooms

Porridge made with soya milk alternative, with apple and fig compôte.
Finger food: Canned peach

Shredded wheat with soya milk alternative and raisins. Finger food: Sliced banana

Soya yoghurt with pear and prune compôte. Finger food: Toast with dairy-free fat spread

Vegan savoury meals for 10-12 month olds

Butternut squash and coconut stew. Finger food: Pieces of boiled potato

Pasta with savoury soya mince. Finger food: Cooked green beans

Peanut butter and banana sandwiches. Finger food: Carrot sticks

Potato, pea and cauliflower mash. Finger food: Fried tofu cubes

Ratatouille with mashed potato. Finger food: Peas

Sweet potato and red pepper stew. Finger food: Rice cakes

Tofu and spinach scramble with mashed potato. Finger food: Sliced avocado

Tofu, red pepper and rice. Finger food: Baby sweetcorn

Vegan desserts for 10-12 month olds

Apple crumble. Finger food: Pear

Custard made with soya milk alternative and pears. Finger food: Sliced grapes

Poached pear with soya yoghurt. Finger food: Raspberries

Semolina made with soya milk alternative and prune purée. Finger food: Banana

BREAKFAST

10-12 months

Gram flour 'omelette' with baked beans

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

4 tablespoons chick pea flour (also called gram flour)

150ml water

1 teaspoon vegetable oil

1 small can (220g) low-salt baked beans

Method

1. Mix the chick pea flour with the water to form a smooth batter.
2. Heat the vegetable oil in a frying pan.
3. Pour in the batter and cook as a pancake until set. Cut into fingers.
4. Serve with baked beans. Make sure the 'omelette' and beans are cool before serving.

Finger food: Fried mushrooms



BREAKFAST

10-12 months

Porridge made with soya milk alternative, with apple and fig compôte

This recipe makes 4 portions of about 150g (120g porridge and 30g compôte).

Apple and fig compôte

Ingredients

1/2 small apple, peeled, cored and finely chopped

4 figs (dried, ready-to-eat), finely chopped

1/3 teaspoon cinnamon powder

100ml water

Method

1. Place all the ingredients in a pan and bring to the boil, and then simmer until the fruit is soft. Cool before serving.

Finger food: Canned peach
Use peaches canned in juice, drained.

Porridge

Ingredients

500ml unsweetened calcium-fortified soya milk alternative

75g porridge oats

Method

1. Place the oats and milk in a non-stick saucepan.
2. Heat gently until boiling, and then turn the heat down and simmer, stirring occasionally, until the oats are softened and have absorbed the milk.
3. Serve the porridge with a tablespoon of compôte.



BREAKFAST

10-12 months

Shredded wheat with soya milk alternative and raisins

This recipe makes 4 portions of about 140g.

**Ingredients**

4 shredded wheat

450ml unsweetened calcium-fortified soya milk alternative

40g raisins

Method

1. Crumble the shredded wheat and add the soya milk alternative.
2. Sprinkle in the raisins and stir.

Finger food: Sliced banana

Soya yoghurt with pear and prune compôte

This recipe makes 4 portions of about 120g. Gluten-free.

**Ingredients**

1/2 ripe pear, peeled, cored and finely diced

10 canned prunes, drained and finely chopped

400g unsweetened soya yoghurt

Method

1. Mix together the chopped pear and prunes to make a compôte.
2. Place a tablespoon of compôte on the soya yoghurt.

Finger food: Toast with dairy-free fat spread.
Cut the toast into fingers.

SAVOURY MEAL

10-12 months

Butternut squash and coconut stew

This recipe makes 4 portions of about 120g. Gluten-free.

Ingredients

1/3 butternut squash, peeled, de-seeded and finely cubed

1 small carrot, peeled and finely chopped

1 teaspoon vegetable oil

1 small onion, peeled and finely diced

1 tablespoon canned or frozen sweetcorn

200ml coconut milk (half of a 400ml can)

Method

1. Cook the butternut squash and carrot in boiling water until soft.
2. Heat the oil in a pan, add the onion and cook until softened.
3. Add the squash, carrot, sweetcorn and coconut milk to the onion and simmer, with the lid on, for about 10 minutes.
4. Cool and then mash or chop to the desired consistency.

Finger food: Pieces of boiled potato



Pasta with savoury soya mince

This recipe makes 4 portions of about 120g.

Ingredients

100g macaroni

1 teaspoon vegetable oil

1/2 small onion, peeled and finely diced

120g frozen soya mince

1 tablespoon tomato purée

2 tablespoons water

Method

1. Cook the macaroni in boiling water until tender, following the instructions on the packet.
2. Heat the oil in a pan and fry the onion until soft.
3. Add the frozen soya mince, tomato purée and water, and simmer until the ingredients are thoroughly heated through.
4. Chop the cooked macaroni and mix it with the mince sauce. Allow to cool before serving.

Finger food: Cooked green beans



SAVOURY MEAL

10-12 months

Peanut butter and banana sandwiches

This recipe makes 4 portions of about 70g.

Ingredients

4 slices wholemeal bread

80g (2 heaped tablespoons) smooth peanut butter

1 large banana, peeled and sliced

Method

1. Spread two slices of bread with peanut butter and cover with sliced banana.
2. Cut the sandwiches into fingers.

Finger food: Carrot sticks



Potato, pea and cauliflower mash

This recipe makes 4 portions of about 120g. Gluten-free.

Ingredients

2 large potatoes, peeled and diced

1/4 cauliflower, cut into florets

4 tablespoons frozen peas, defrosted

1 tablespoon dairy-free fat spread

1 tablespoon unsweetened calcium-fortified soya milk alternative

Method

1. Boil the potato until tender. Place a colander over the potato as it cooks and steam the cauliflower in it until soft.
2. Drain the potato and return it immediately to the pan along with the cauliflower and peas. Stir until the peas are warmed through.
3. Add the fat spread and milk, and mash the ingredients together to a lumpy consistency.

Finger food: Fried tofu cubes.

Tofu can be hard for a baby to hold. To make firmer cubes, remove excess liquid by placing the tofu block under a weighted plate and leaving it for 5 to 10 minutes. Cut the tofu into cubes and gently fry on all sides until slightly browned. Allow to cool before serving.



SAVOURY MEAL

10-12 months

Ratatouille with mashed potato

This recipe makes 4 portions of about 120g. Gluten-free.

Ingredients

1/2 small onion, peeled and diced
1 small courgette, topped, tailed and cubed
1/4 small aubergine, cubed
1/4 small green pepper, de-seeded and diced
1 medium tomato, cored and diced
120ml water
2 tablespoons tomato purée
1 large potato, peeled and diced
1 tablespoon unsweetened calcium-fortified soya milk alternative

Method

1. In a pan, combine all the ingredients except for the potato and milk, and bring to the boil.
2. Simmer, stirring occasionally, until all the vegetables are tender and the sauce has thickened.
3. Cook the potato until tender and mash with the soya milk alternative.
4. Chop the ratatouille as required. Allow both the potato and the ratatouille to cool before serving.

Finger food: Peas



Sweet potato and red pepper stew

This recipe makes 4 portions of about 120g. Gluten-free.

Ingredients

1/2 sweet potato, peeled and diced

1 teaspoon vegetable oil

1/2 small onion, peeled and finely chopped

1/2 red pepper, cored, de-seeded and diced

1/2 carrot, peeled and diced

1 tablespoon frozen peas

1 small can (200g) chopped tomatoes

1/4 tablespoon chopped parsley

Method

1. Cook the sweet potato in boiling water until soft, and then drain.
2. Heat the oil in a pan, add the onion, and cook until softened.
3. Add the pepper, carrot and peas and cook for 1 minute.
4. Add the tomatoes and parsley and simmer with the lid on for about 20 minutes until the vegetables are soft.
5. Add the sweet potato and heat through.
6. Allow to cool and then chop to the desired consistency.

Finger food: Rice cakes



SAVOURY MEAL

10-12 months

Tofu and spinach scramble with mashed potato

This recipe makes 4 portions of about 120g. Gluten-free.

Ingredients

150g tofu, drained
150g spinach (fresh or frozen)
1 teaspoon vegetable oil
1 large potato, peeled and diced
2 tablespoons unsweetened calcium-fortified soya milk alternative

Method

1. Mash the tofu and finely chop the spinach. (If using frozen spinach, defrost it and then chop it.)
2. Heat the oil in a frying pan. Add the spinach and tofu and fry for 2 to 3 minutes until the spinach is wilted or cooked. Chop if needed, to provide a roughly chopped texture.
3. Cook the potato until tender and mash with the milk.
4. Serve the spinach and tofu mixture with the mash, making sure both are cool before serving.

Finger food: Sliced avocado



SAVOURY MEAL

10-12 months

Tofu, red pepper and rice

This recipe makes 4 portions of about 120g. Gluten-free.

Ingredients

1 teaspoon vegetable oil

1/2 small onion, peeled and finely diced

1/2 red pepper, de-seeded and finely chopped

50g white rice

150ml boiling water

120g tofu, drained

Method

1. Heat the oil in a pan and fry the onions until soft.
2. Add the red pepper and stir for about 1 minute.
3. Add the rice and boiling water, stir, bring to the boil and then simmer with a lid on for about 10 minutes until the rice has absorbed the water.
4. Cut the tofu into cubes and add it to the rice mixture.
5. Allow to cool before serving.

Finger food: Baby sweetcorn



DESSERT

10-12 months

Apple crumble

This recipe makes 4 portions of about 60g.

Ingredients

- 1 large eating apple, peeled, cored and diced
- 2 tablespoons fresh orange juice
- 1 tablespoon dairy-free fat spread
- 2 tablespoons flour
- 1 tablespoon oats

Method

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Place the apple in the bottom of a small ovenproof dish and pour over the orange juice.
3. In a separate bowl, rub the fat spread into the flour and oats until it is a crumbly texture.
4. Sprinkle the dry mixture over the apples and bake in the oven for about 15 minutes.
5. Allow to cool before serving.

The crumble could be served with soya custard, soya yoghurt or soya cream.

Finger food: Pear



Custard made with soya milk alternative and pears

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

- 1 heaped tablespoon custard powder
- 350ml unsweetened calcium-fortified soya milk alternative
- 2 ripe pears, peeled, cored and diced

Method

1. Mix the custard powder and 2 tablespoons of the soya milk alternative together to make a smooth paste.
2. Bring the remaining milk to the boil in a saucepan.
3. Pour the custard paste slowly into the boiling milk, stirring all the time.
4. Bring to the boil, stirring continuously until it thickens.
5. If the pears are not ripe, poach them in a little water until soft. Stir the diced pears into the cooled custard.

Finger food: Sliced grapes.

Be careful not to serve large pieces that a baby might choke on.



DESSERT**10-12 months****Poached pear with soya yoghurt**

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

2 large pears, peeled, cored and quartered

200g unsweetened soya yoghurt

Method

1. Place the pear quarters in a saucepan and just cover with water. Simmer gently until soft.
2. Allow the pears to cool, and then slice them and serve with the soya yoghurt.

Finger food: Raspberries



DESSERT

10-12 months

Semolina made with soya milk alternative and prune purée

This recipe makes 4 portions of about 100g.

Ingredients

50g semolina

350ml unsweetened calcium-fortified soya milk alternative

150g prunes canned in juice (about half of a 290g can), drained

Method

1. Place the semolina and soya milk alternative in a pan and bring to the boil. Reduce the heat and simmer until soft, stirring regularly.
2. To make the purée, push the prunes through a sieve.
3. Allow the semolina to cool and then serve it with the prune purée.

Finger food: Banana



**Eating well
for vegan
1-4 year olds**



Eating well for vegan 1-4 year olds

Growing children need plenty of energy (calories) and nutrients (protein, fat, carbohydrate, vitamins and minerals) to ensure they grow and develop well. Vegan diets are based on vegetable foods only, so extra care must be taken to make sure that vegan children get a good variety of foods that can provide all the nutrients they need.

It is important that 1-4 year olds get enough energy for growth and development. While adults and children aged over 5 are encouraged to eat a diet that is high in starchy foods and low in fat, younger children on a higher-fibre, lower-energy-density diet may not have the appetite to eat enough food to provide all the nutrients they need. 1-4 year olds will need regular meals which are 'nutrient-dense' – that means meals that provide energy and nutrients without being very bulky. Avoid giving under-5s low-fat foods that are designed for adults.

Vegan diets do not include milk and milk products and these foods typically provide a significant proportion of a number of important nutrients to the diets of 1-4 year olds in the UK, including calcium, iodine and riboflavin. Unsweetened calcium-fortified soya, almond, oat, coconut or hemp milk alternatives are a suitable substitute for cows' milk for 1-4 year

olds, but are lower in energy and therefore greater amounts are needed as a drink and in some dishes. Unsweetened calcium-fortified soya milk alternative can be bought in most supermarkets, so it is the milk substitute we use in the recipes in this resource. For more on milk and non-dairy milk alternatives, see page 81.

Additional concentrated sources of energy – such as ground nuts, seeds, nut butters, vegetable oils and dairy-free fat spreads – are needed for 1-4 year olds, to ensure they are able to eat the volume of food needed to provide their energy and nutrient needs.

It is recommended that all parents and carers of children from 1-4 years should give their children Healthy Start vitamin drops, which contain vitamins A, C and D, every day. Healthy Start vitamin drops are suitable for vegetarians. However, the vitamin D in these drops is sourced from sheep's wool lanolin and so vegan parents may prefer to use an alternative vitamin supplement such as Abidec. It is also prudent for vegan 1-4 year olds to be given supplements of vitamin B12 and iodine and more information about supplements can be found on page 86.

Nutrients of particular importance in vegan diets are outlined on the next page.



Important nutrients in vegan diets for 1-4 year olds

Nutrient	Why it is needed	Vegan diets
Protein	Protein is needed for growth and for maintaining and repairing body tissues, and to make the enzymes that control many body functions.	<p>Vegan children can get enough protein as long as they eat a good variety of foods each day.</p> <p>Vegan children will obtain protein from: nuts, seeds, peas, beans and pulses, soya products (including tofu and soya milk alternative and yoghurt), vegetables, and cereal foods such as bread, rice, pasta and potatoes.</p>
Iron	Iron is essential for the function of several body systems and particularly as part of the pigment in red blood cells called haemoglobin, which carries oxygen. A deficiency in iron can cause anaemia. Iron deficiency means that the blood transports less oxygen for the body's needs and so limits the person's ability to be physically active. Children with iron deficiency will be pale and tired and their general health, resistance to infection, appetite and vitality will be impaired. Sometimes there are no apparent symptoms, and iron deficiency may be undetected. Prevention of iron deficiency is important because, apart from the immediate effects listed above, iron deficiency in children has an immediate and longer-term impact on intellectual performance and behaviour. However, too much iron can also be harmful, and it is better to get iron from food sources rather than from supplements unless iron deficiency has been diagnosed and is being treated.	<p>Sources of iron for vegan children include: whole grains, pulses such as peas, beans and lentils, nuts and seeds, green leafy vegetables, tofu and dried fruit. Nutritional yeast can also provide iron. (See page 89.)</p> <p>Fortified breakfast cereals can be a useful source of iron and other nutrients but they usually contain vitamin D from a source unacceptable to vegans. Ready Brek has vitamin D added from a suitable source, but the manufacturers say it is made in a factory where milk is handled so they do not label it as vegan.</p> <p>The absorption of iron may be enhanced if foods or drinks rich in vitamin C are consumed at the same meal.</p>
Zinc	Zinc plays a major role in the functioning of every organ in the body. It is needed for the normal metabolism of protein, fat and carbohydrate and is associated with the hormone insulin, which regulates the body's energy. Zinc is also involved in the immune system, the utilisation of vitamin A, and in wound healing. Although it is known to have all those functions, more research is needed before the role of zinc can be defined more precisely.	<p>Zinc from plant sources is less well absorbed than zinc from animal sources due to the presence of phytates, so it is important to make sure that vegan children have foods rich in zinc on a daily basis.</p> <p>Good sources of zinc for vegan children include: pulses, whole grains, wheat germ, tofu, and seed and nut butters.</p>

Nutrient	Why it is needed	Vegan diets
Calcium	<p>Requirements for calcium are high in children aged 1-4 years. Calcium is needed for building and maintaining healthy bones, for the transmission of nerve impulses and muscle actions and for many other body functions.</p>	<p>For vegans who do not consume cows' milk, it is important to include good non-dairy sources of calcium in the diet.</p> <p>These include: unsweetened calcium-fortified soya, almond, oat, coconut, or hemp milk alternatives, tofu, green leafy vegetables, pulses (beans, lentils, chick peas), ground almonds, tahini (sesame paste), figs and seeds. For more information on non-dairy milk alternatives, see page 125.</p>
Iodine	<p>Iodine is essential for the production of the hormone thyroxine, which affects the function of the thyroid gland. It is used to regulate the body's metabolism, and affects the heart rate, body temperature and how the body uses energy from food. It is also important for brain development. Children aged 1-4 years need about 80 micrograms of iodine a day.</p> <p>Too much iodine can be harmful and parents or guardians should take advice before giving 1-4 year olds supplements or fortified foods that will provide more than 200 micrograms of iodine a day.</p>	<p>Plant-based sources of iodine suitable for vegans include cereals and grains, such as whole wheat and rye. However, the levels of iodine in these foods vary widely and relying on these alone will not provide sufficient iodine.</p> <p>Although sea vegetables such as seaweed can be a good source of iodine, the amounts present may be variable and some products may contain very high amounts and additional contaminants. For this reason it is recommended that all vegan 1-4 year olds take an iodine supplement rather than use sea vegetables as a source of iodine. Nori (the sheets used for sushi) is relatively low in iodine and can be eaten in moderation without concern about excess iodine.</p> <p>Since most vegan adults in the UK are found to have a lower iodine status than non-vegans, it would be prudent for families who are vegan to consider all family members taking an iodine supplement.</p>

Nutrient	Why it is needed	Vegan diets
Riboflavin (vitamin B2)	<p>Riboflavin is particularly important for the brain and nervous system. The body also needs riboflavin to be able to use the energy (calories) in food.</p>	<p>Most children in the UK obtain most of their riboflavin from dairy products and therefore vegan children need to ensure they have a good variety of alternative sources.</p> <p>Vegan sources of riboflavin include wheatgerm, nutritional yeast, pulses, almond butter or ground almonds, avocados, mushrooms and green leafy vegetables. Most unsweetened calcium-fortified soya milk alternatives contain riboflavin and 300ml a day of an unsweetened fortified soya milk alternative will provide 80% of the daily riboflavin needs for a 1-4 year old.</p>
Vitamin B12	<p>Vitamin B12 interacts with folate and vitamin B6. Together, these vitamins help the body to build up its own protein. B12 is essential for the formation of red blood cells and a healthy nervous system.</p> <p>Children may show signs of deficiency more rapidly than adults. B12 deficiency may lead to loss of energy and appetite and failure to thrive and, if not corrected quickly, it can lead to permanent damage.</p> <p>Recommendations for the amount of vitamin B12 needed in fortified foods or as a supplement vary. As a prudent measure, The Vegan Society recommends that young children aged 1-4 years have about 1.5 micrograms a day from fortified foods or a supplement of 3 micrograms a day. There are no children's vitamin supplements available which provide this amount. However, a children's dose of the Vegan Society supplement <i>VEG 1</i> (half a tablet) would provide 12.5 micrograms a day, which is a safe dose.</p>	<p>Vitamin B12 is found almost exclusively in animal products and the only good sources for children following a vegan diet are foods that are fortified with vitamin B12. Most unsweetened fortified milk alternatives are fortified with vitamin B12. 300-400ml of fortified unsweetened milk alternatives will provide adequate vitamin B12 (about 1.5 micrograms a day).</p> <p>Other good sources of vitamin B12 for vegans include yeast extracts, nutritional yeast (where vitamin B12 is added), and some dairy-free fat spreads.</p> <p>Parents or guardians should consult a GP if they are worried that their child may have vitamin B12 deficiency.</p>
Omega-3 fats	<p>Omega-3 fats have been recommended in the diet to prevent heart disease in adults.</p>	<p>Omega-3 fats are found in both animal and vegetable foods, but vegetable sources of omega-3 fats do not provide the same fatty acids as those from animal (fish) sources.</p> <p>Although alpha-linolenic acid (ALA) is present in vegetable oils and seeds such as rapeseed, soy, flaxseed, hemp, chia and walnuts for example, ALA is poorly converted into DHA and EPA – the fatty acids that are associated with better heart health and that are found in fish oils.</p> <p>Any health consequence of lower amounts of DHA and EPA in vegans is poorly understood, but eating a good mixed diet including good sources of ALA is recommended. Micro-algal sources of omega-3 fats have been suggested for vegans, but the impact of these on health is not yet known.</p>

Helping vegan 1-4 year olds to eat well

Healthy eating and physical activity are essential for proper growth and development in childhood. To help children develop patterns of healthy eating from an early age, it is important that the food and eating patterns to which children are exposed – both at home and outside the home – are those that promote positive attitudes and enjoyment of good food.

A vegan diet will encourage the intake of fruits, vegetables, cereals and other vegetable-based foods, and will be both a healthy and sustainable diet if the guidance in this resource is followed. Some other key points to think about when planning diets for under-5s are outlined below.

Eating good quality food

Young children need to eat small quantities of good food regularly. The best foods are those that are simple and which have been made from good-quality ingredients. Avoid foods that are ‘diluted’. For example, avoid processed meat substitutes covered with breadcrumbs or other coatings which make them lower in nutrients. Potatoes should be served as potatoes, not as waffles or smiley faces or other products with added fat and salt. For information on the best sorts of foods to choose within each food group, see the *Food-based guidance* on page 123.

Make sure children eat breakfast

Breakfast is a particularly important meal and cereals such as porridge that are low in added salt and sugar are a good start to the day. For other breakfast ideas, see page 94.

Children need nutritious snacks between meals

Children need to eat regularly and need nutritious snacks between meals. The best snacks are those that are low in added sugar. A variety of snacks should be offered including fruit, vegetables, unsweetened calcium-fortified soya milk and yoghurt, any type of bread, and sandwiches with savoury fillings. See page 98 for examples of good snacks to choose for vegan children.

Limiting sugar and salt

If children have sugary foods, these should be given with meals rather than as snacks between meals, to prevent damage to teeth. Children do not need sugary foods such as sweets, soft drinks or sugar for energy. Sweet fruit-based purées in pouches, fruit leathers, smoothies and dried fruits are all high in free sugars and should be avoided as snacks. It is particularly important not to let toddlers suck fruit purées out of pouches, as this can damage teeth. Starchy foods – such as potatoes, bread, rice, pasta and yam – are better sources of energy as they contain other important nutrients too. Puddings based on fruit, or on soya, almond or oat milk alternatives – such as stewed fruit, semolina and rice puddings – are a useful way of adding nutrients at meal times and offering a sweet course which won’t damage teeth.

Make sure food for 1-4 year olds is low in salt. Avoid adult meals, meat-replacement foods – such as vegan burgers and sausages – take-aways and foods that are high in salt. Use less salt in cooking, and don’t let children add salt to food at the table. This doesn’t mean that food for 1-4 year olds should be bland. Use a wide variety of flavourings such as herbs, spices, fruit and vegetables and good-quality ingredients to make sure that food is interesting to eat and that children become accustomed to a range of different natural flavours.

Milk and non-dairy milk alternatives

Where mothers choose to breastfeed their toddler into the second year and beyond, this should be supported, and parents may choose to continue providing expressed breastmilk as the main milk for children in the 1-4 age range. Soya-based fortified toddler milks are not recommended for use as these are sweetened.

If parents are no longer breastfeeding, or are breastfeeding before and after children attend an early years setting, children aged 1-4 years will need a non-dairy milk alternative at snack or meal times. There are a number of non-dairy milk alternatives available, and the milk offered should be unsweetened and fortified. Below, we give information about some of the unsweetened fortified milk alternatives that are available, and compare them with whole cows' milk.

Non-dairy milk alternatives for vegan children

Per 100ml	Whole cows' milk ¹	Unsweetened fortified oat milk alternative ²	Unsweetened fortified soya milk alternative ³	Unsweetened fortified hemp milk alternative ⁴	Unsweetened fortified coconut milk alternative ⁵	Unsweetened fortified almond milk alternative ⁶
Energy kcal	63	46	33	26	20	13
Protein g	3.4	1.0	3.3	0.3	0.1	0.4
Carbohydrate g	4.6	6.7	1.0	0.1	2.7	Nil
Fat g	3.6	1.5	1.8	2.7	0.9	1.1
Vitamin D micrograms	Trace	1.5	0.8	Not added	0.75	0.75
Riboflavin mg	0.23	0.21	0.2	Not added	Not added	0.21
Vitamin B12 micrograms	0.9	0.38	0.4	Not added	0.38	0.38
Calcium mg	120	120	120	Not added	120	120
Iodine⁷ micrograms	31	8	13	16	8	6
Salt g	0.1	0.1	0.1	Trace	0.13	0.13
Price* per 100ml	7p	15p	10p	25p	18p	18p

* These prices are based on fresh milks where available. UHT milks are often cheaper.

1 Tesco whole cows' milk 2 pint (1.13l), Tesco 2019, 71p/litre

2 Oatly oat milk original (longlife), Tesco 2019, £1.50/litre

3 Tesco own brand fresh unsweetened soya milk alternative, Tesco 2019, 95p/litre

4 Good Hemp creamy seed milk, Holland & Barrett 2019, £2.49/litre

5 Alpro unsweetened fresh coconut milk alternative, Tesco 2019, £1.80/litre

6 Alpro unsweetened fresh roasted almond milk alternative, Tesco 2019, £1.80/litre

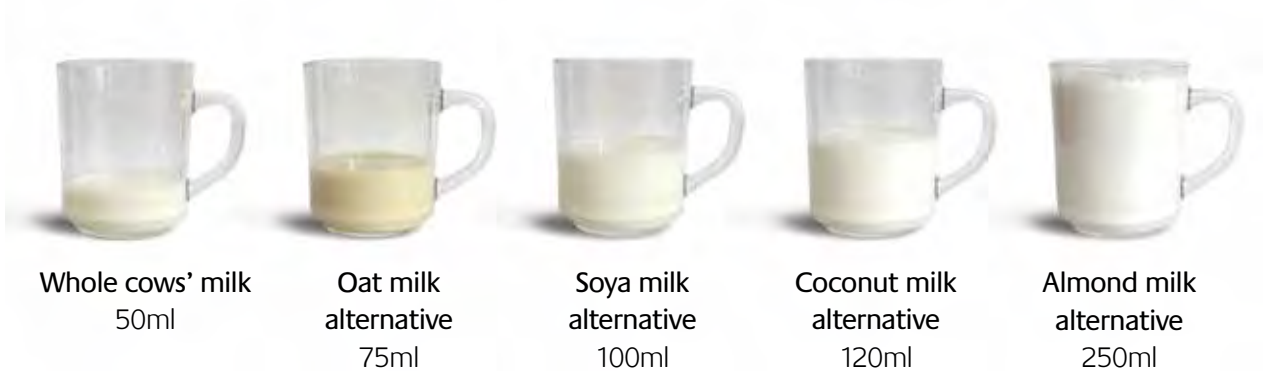
7 Based on data from: Bath et al, 2016. Iodine concentration of milk-alternative drinks available in the UK. *Proceedings of the Nutrition Society*; 75 (OCE3), E119.

We have used unsweetened calcium-fortified soya milk alternative as a cost-effective alternative to cows' milk in all our recipes and menu plans. We have based our eating plans on vegan children having unsweetened calcium-fortified soya milk alternative with their mid-morning and mid-afternoon snacks and at teatime. This will provide about 300ml of milk a day, and significant amounts of calcium, riboflavin and vitamin B12.

If children of this age refuse unsweetened soya milk alternative as a drink, they may well accept it as part of sauces and puddings and in other dishes, and unsweetened fortified oat milk alternative can be offered as a main drink, although this is lower in protein than soya milk

alternative. Unsweetened fortified coconut and almond milk alternatives are more expensive than soya milk alternative and are considerably lower in energy and protein. A higher energy oat milk alternative is now also available that contains 57kcal/100ml that some families may want to consider. A milk alternative made from pea protein is also available and has a composition similar to soya milk, but this does not have added riboflavin, and is more expensive. There are a variety of brands and types of milk alternative and their composition will vary so always check the label to make a comparison. Care needs to be taken that children don't fill up on low-energy milk alternatives and have less appetite for nutritious foods at mealtimes.

The glasses of milk below all provide about the same amount of energy (calories).



Other drinks

Diluted 100% fruit juice is a useful source of vitamin C. Children can be given a glass of diluted fruit juice (half fruit juice and half water) with their main meal or with breakfast, as fruit juice may also help the body to absorb iron. Pure orange juice is the best option as it is higher in vitamin C than other juices. Fruit juice should not be given to children undiluted or in individual cartons. Also, the sugars in fresh fruit juice can damage teeth, so fruit juices should not be given between meals.

Children should be discouraged from having fizzy drinks, squashes (including fruit squashes and fruit juice drinks), smoothies and sweetened non-dairy milks – including diet, non-diet, no-added-sugar and low-sugar varieties – as these can erode the tooth enamel and contribute to tooth decay. Also, these drinks provide little in the way of nutrients, and children who drink them frequently may have less appetite to eat well at meal times.

Children aged 1-4 years should not be given drinks containing artificial sweeteners (such as saccharin and aspartame), or drinks which contain the preservative E211 or the artificial colours E102, E104, E110, E122, E124 or E129 (see page 87).

Children should not be given tea, coffee, cola or other drinks that contain caffeine or other stimulants, as these disrupt children's sleep. Tea and coffee are also not suitable drinks for under-5s as they contain tannic acid, which interferes with iron absorption. If you want to give children hot drinks, warmed unsweetened calcium-fortified soya milk alternative may be given instead.

Children should never be given sweet drinks (such as fruit juice, smoothies, squashes, sweetened non-dairy milk alternatives and other soft drinks) from a bottle, as this is the most common way that children's teeth become damaged. Bottles given before bed or during the night are highly related to the most damaging form of tooth decay in children.

Peanuts

If a child aged 6 months to 4 years has been diagnosed with another kind of allergy, or if there is a history of allergy in the child's family, parents and guardians are advised to talk to their GP or health visitor before giving peanuts or peanut-containing products for the first time. Peanuts, as well as other nuts and seeds, are an important part of vegan diets, and early years settings should think about the need to be 'peanut-free' and consider how to manage children with food allergy alongside children with other dietary needs. If there are no children with a diagnosed peanut allergy in a particular setting, there should be no need to avoid peanut products.

Packed lunches

Some children may bring packed lunches with them to childcare settings. Settings may wish to provide guidance to families on the sorts of foods and drinks that are suitable, based on the advice in this resource. If some families provide their own food for their children rather than using food provided by the setting, ask them to avoid bringing in foods that the other children do not have access to, such as savoury snacks, sweet foods or sweet drinks.

Additional information on suitable packed meals for under-5s, including vegan options, can be found at www.firststepsnutrition.org/eating-well-early-years



Encouraging vegan children to eat well

- Meal and snack times offer an opportunity to extend children's social and language skills. Children can learn from others about table manners, and can practise their speaking and listening skills. To encourage this, distractions such as television are best avoided during meal times, and meals should be eaten in a calm and quiet environment to foster good eating habits.
- Food should meet the needs of all children present and all children should have experience of foods from other cultures. All children should be enabled to make healthy food choices relevant to their background, regardless of race, language, culture and religion.
- All those who eat with young children should remember the importance of being a good role model in encouraging healthy food choice, good table manners and having a relaxed and enjoyable eating occasion.
- It is important that staff do not make derogatory remarks about food choices or dishes that they might not choose for themselves.
- Finger foods of all kinds, particularly fruit and vegetables, will encourage children under 2 years of age to feed themselves and try new foods. Children aged 2-4 years should be allowed to serve themselves during meals and should have the opportunity to have second helpings if they are hungry. Child-sized utensils, crockery, tables and chairs make it easier for children to serve themselves and learn to eat independently.
- Encourage an interest in food and where it comes from, and involve children in growing, picking and preparing food, as well as laying and clearing tables and serving others. Early years settings may wish to get involved in a scheme such as the Food for Life Partnership Early Years Award, which supports healthy, sustainable food choices and a whole-settings approach to the role of food in young lives (see page 129 for details).

Make sure children feel included at meal times

It is important that children with special dietary needs of any kind are not made to feel excluded from other children they are with at meal times. **All the meals and snacks suggested in this resource are suitable for all children**, so if early years or other settings are catering for a group of children which includes vegan children, or those on dairy-free and egg-free diets, for example, try to offer the same meals to all children on some days, and very similar meals on others, so that children do not feel they are outside the group.

Promoting activity and limiting screen time

Children aged 1-4 years who are able to walk unaided should be active for at least 180 minutes every day, spread throughout the day. Given plenty of opportunity to play, many children will be active for a lot more than 3 hours a day. It is important to limit time spent in front of screens such as televisions, computers, tablets or other electronic games. Some experts have suggested that under-3s should have no screen time at all, as this is a critical time for brain growth and that interaction with adults, children and the world around them is particularly important.

Physical activity means any type of movement including active play, outdoor play, games, dance and playing with other children. Being active is important as it helps to ensure that children have a good appetite and will be physically tired and sleep well at night. Activity also builds up muscle strength and fitness, develops physical skills such as balance and coordination, and has been linked to better learning. For more information on guidance around physical activity, see *Resources* on page 128.

Helping fussy eaters to eat well

Children should be allowed to make their own food choices. If a child refuses a food or meal, gently encourage them to eat, but children should never be forced to eat. Children often eat well in a calm atmosphere where others are enjoying their food, and if children (and staff) are all eating similar foods.

Listen to what children request when it comes to serving their food. Some children don't like different parts of the meal touching each other, some prefer to have food that they can see clearly (for example, not covered in sauce or gravy), and some may prefer to have certain food items on separate plates or bowls.

Remember that children's tastes change. Say, "It's alright if you don't like it today," when a food is refused, rather than assuming that they will never choose or like that food in the future, and then offer it again in the future. Foods offered regularly often become liked foods and it is important to serve a variety of foods even if they are not eaten, so that children get used to seeing them on their plate.

The Tiny Tastes project has devised a research-tested approach to managing fussy eating and encouraging young children to try new vegetables. For details, see page 131.



Top tips to help fussy eaters

- Encourage all children to eat together at meal times and make meals happy, sociable occasions.
- If children refuse a food, don't force them to eat it, but leave it on a side plate near them so they become familiar with different foods at the table.
- Offer a choice of healthy options so children feel they have some control. For example, 'Would you like carrots or pepper sticks with your snack?'
- If children don't like foods that are 'mixed up', serve small portions of individual foods on a plate that are clearly defined.
- Involve children in food preparation and mealtimes. Ask fussier eaters to serve other children and encourage them to try new foods.
- Sit good eaters next to those who are more fussy eaters.
- Don't give up: keep offering new foods, don't get upset if foods are rejected, and be a good role model when it comes to eating a whole range of foods.

Vitamin supplements for 1-4 year olds

If a child is being brought up as a vegan it is strongly advised that the family seeks advice on which dietary supplements may be needed. As well as the vitamins recommended for all 1-4 year olds reliable sources of vitamin B12 and iodine are needed by vegan children.

All children aged 1-4 years in the UK are recommended to have vitamin drops containing vitamins A, C and D every day as a nutritional safety net, and this has been the recommendation for over 60 years. Healthy Start vitamin drops are those recommended in the UK, but the vitamin D is sourced from sheep's wool and these vitamins may not be acceptable to vegan families.

The Vegan Society produces a chewable vitamin supplement called *VEG 1*. They recommend children aged 2-12 years have half a *VEG 1* supplement, which would provide 10 micrograms of vitamin D, 12.5 micrograms of vitamin B12, 0.8 milligrams of riboflavin, 100 micrograms of folic acid, 1 milligram of vitamin B6, 30 micrograms of selenium and 75 micrograms of iodine, but which does not contain vitamin A or vitamin C.

Abidec vitamin drops are suitable for vegan children, and for vegan 1-4 year olds 0.6ml a day is recommended. This provides about 700 micrograms of vitamin A, 10 micrograms of vitamin D, 0.4mg thiamin, 0.8mg riboflavin, 0.8mg vitamin B6, 8mg niacin and 40mg vitamin C.

Vitamin and mineral supplements suitable for vegan children are available from pharmacies and health food shops as both tablets and sprays. Many may be unsuitable for very young children or need to have the dose reduced so it is important to read the packaging carefully and seek advice from a pharmacist. The Vegan Society has a dietitian who may be able to answer specific questions.

Think global – Act local

When buying food, consider the environmental impact of your food and drink choices and where possible buy local food in season, and food from sustainable sources.

A guide to how those in early years settings can shop for, cook and manage food more sustainably

– *Eating well sustainably: A guide for early years settings* – can be accessed at www.firststepsnutrition.org/eating-well-early-years

*Eating Well Sustainably:
A Guide for Early Years
Settings*



For other information about sustainable food and educational resources related to food and the environment, see www.sustainweb.org.uk

• Good hygiene and safety

- All fruit and vegetables to be eaten uncooked
- need to be washed thoroughly.
- Always wash your hands with soap and water
- before preparing food or helping children to eat,
- and after changing nappies, toileting children,
- blowing your nose or sneezing into a tissue.
- Children's hands should always be washed with
- soap and water before meals and snacks, and after
- going to the toilet.
- Never leave children under 5 alone while they are
- eating, in case they choke. If children are in a high
- chair, always strap them in.
- For more information on food safety, see
- www.food.gov.uk

Foods, drinks and ingredients to avoid for all children aged 1-4 years

Avoid foods and drinks that are coloured with the artificial colours E102, E104, E110, E122, E124, E129, or which contain the preservative sodium benzoate (E211). These additives have been linked to increased hyperactivity among some children and the Food Standards Agency advises that eliminating these artificial colours and preservatives might have beneficial effects on children's behaviour. To find out if a food or drink contains any of these additives, check the ingredients list. For more information on how to avoid these additives, go to www.actiononadditives.org

Also avoid:

- low-sugar and artificially sweetened foods and drinks designed for adults
- foods with special ingredients or added nutrients, designed for adults
- ready meals made for adults
- take-away foods and fast foods
- savoury snacks (designed for adults), which are high in salt
- whole nuts (as children could choke)
- ready-to-drink cartons of juice or squash (as these are too concentrated for small children)
- drinks with added caffeine or other 'stimulating' ingredients
- rice milk alternative or rice drinks, and
- alcohol.

For more information on how to choose foods for under-5s, see the *Food-based guidance* on page 123. A list of common foods and ingredients and their suitability for vegan diets is shown on the next page.

Shopping and cooking for vegans

When cooking food for vegans, it is important that the food given is not compromised in any way. For example, do not add animal foods to a meal and then remove them for the vegan children. The vegan dish should always be prepared first before any animal product is added for other children. Care should be taken with ingredients such as gelatine, cochineal (E120), lard or suet, dairy products, egg or any other ingredients of animal origin, and labels should be checked for animal fats and animal rennet. (See the next page for key things to watch out for.)



Foods that are certified as vegan carry this label. However, not all vegan food is labelled, so other foods that do not carry the logo may also be suitable.

Following a vegan diet does not mean that you have to shop in health food shops or have to source strange, exotic ingredients. The example meals and snacks in this resource have been developed using ingredients that are available in all major supermarkets. Eating a vegan diet is generally cheaper than an animal-based diet, ensures the intake of lots of fruits, vegetables and cereals, and results in a less processed diet and a lower intake of preservatives and additives.

There is a range of vegan products available on the market, but many of these are artificial replacements for animal-based products and may contain preservatives, colours and flavours. It is important to read the labels of these to check for levels of fat, salt and sugar. Examples of such products include vegan cheese, meat alternatives (such as fishless 'fish fingers' and 'meat-style' products) and egg replacers.

Suitability of foods, ingredients and additives for vegan infants and children

The information below is just a guide to highlight some of the particular foods and ingredients that must be avoided, and foods that are likely to be suitable for vegans. Always check the food label and where possible choose foods that state they are suitable for vegans. All vegetables and fruit, nuts and seeds, pulses, beans and lentils are suitable for vegans.

Starchy foods	Is this food suitable for vegans?
Bread and rolls	Check the label to make sure no milk products have been added.
Chapatti	Yes
Plain tortilla	Yes
Naan bread	No
Paratha	No
Other bakery products such as bagels, speciality breads and rolls	Unlikely to be suitable as most of these contain milk or egg.
Plain cereals – such as buckwheat, cassava, corn (polenta), quinoa, millet, oats, pearl barley, rice	Yes
Egg noodles	No
Macaroni	Yes
Pasta and spaghetti	Yes, but some brands contain egg, so check the ingredients list.
Plain potatoes	Yes
Sweet potatoes, yam and other starchy roots	Yes

Other foods	Is this food suitable for vegans?
Quorn	Some Quorn products are suitable for vegans, but others contain egg white. Check the label.
Tofu	Yes
Mayonnaise	No
Milk, cheese, yoghurt, fromage frais, cream, butter and any other products made from animal milk	No
Ghee	Vegetable ghee only
Lard (pork fat)	No
Pesto sauce (made with Parmesan cheese)	No
Cornflour	Yes
Stock powder	No, unless it is specifically for vegans
Worcestershire sauce (contains anchovy)	No
Yeast extract	Yes, but use in very small amounts as it is high in salt.
Honey	No
Jelly made with gelatine	No
Marshmallows	No
Chocolate	Dark chocolate (70% or more cocoa solids) can be used in cooking in small amounts. Check the label to make sure there is no dairy content.
Custard powder	Yes

Ingredients to avoid

Butterfat or buttermilk

Casein

Fish oils (in foods labelled as ‘fortified with omega-3 fatty acids’)

Lactose

Lanolin

Rennet

Suet (beef fat)

Tallow (sheep fat)

Whey powder

Additives to avoid

E120 – Cochineal (also known as carmine)

E160a and E161g colourings – These use gelatine as a carrier.

E270 – Lactic acid

E322 – Lecithin

E441 – Gelatine

E542 – Bone phosphate

E631 and E635 – Flavour enhancers

E901 – Beeswax

E901 – Vitamin D or D3 or calciferol/ergocalciferol

E904 – Shellac

E910 – L-cysteine improving agent

E913 – Lanolin

E966 – Lactitol sweetener

E1105 – Lysozyme

See page 87 for information on other additives to be avoided by all children.

What is nutritional yeast and how can it be used in a vegan diet?

Nutritional yeast is a strain of yeast grown on molasses and then dried. Purchased as yellow flakes, it is a rich source of B vitamins and is available with added vitamin B12. It also contains some minerals such as iron, phosphorus and magnesium. Nutritional yeast has a mild, savoury flavour. It can be used in soups and sauces and is often used to substitute for a cheesy flavour in vegan dishes. It can usefully be added to most savoury dishes as an additional source of nutrients.

Adapting vegetarian recipes for vegan children

Recipes that contain animal milk and animal milk products or eggs can be adapted for vegan children. In recipes, animal milk can be replaced with calcium-fortified unsweetened soya, almond or oat milk alternatives, or fortified coconut milk alternative, but often you need more than you would animal milk. You will see this, for example, in the recipes for custard and rice pudding made with soya milk alternative on pages 72 and 119. Fat spreads and butter can be replaced with a vegetable-based (dairy-free) fat spread or with vegetable oil.

How to adapt recipes to make them suitable for vegans

EGGS	
In a cake	<p>Replace each egg with $\frac{1}{2}$ large banana, mashed.</p> <p>OR</p> <p>Replace each egg with 60g of apple sauce, for moist baked goods such as denser fruit cakes or breads.</p> <p>OR</p> <p>Replace each egg with 1 tablespoon of soya flour and 1 tablespoon of water.</p> <p>In addition, for all eggless cakes, add 1 teaspoon of baking powder and 1 tablespoon of mild vinegar to create a rise.</p>
In breads or nuttier biscuits or muffins	Replace each egg with 1 tablespoon of ground flaxseed blended with 3 tablespoons of water until thick and creamy.
Using egg replacer	To replace each egg, mix $1\frac{1}{2}$ teaspoons of egg replacer powder with 2 tablespoons of liquid. (Or follow the instructions on the packet.)
To make meringue	The liquid from canned chick peas acts as an egg-white alternative.
As a binding agent	Replace each egg with 1 tablespoon of soya flour.
MILK	Replace cows' milk with unsweetened calcium-fortified soya, almond or or oat milk alternative. You will need to use more of these milks than the equivalent of cows' milk in some recipes such as rice pudding and custard. (The recipes in this resource have all been tested with soya milk alternative.)
YOGHURT	Replace cows' milk yoghurt with calcium-fortified plain soya or coconut yoghurt.
BUTTER	Replace the butter with an equal measure of dairy-free fat spread. For cakes, replace each cup of butter with $\frac{2}{3}$ cup of oil.
CREAM	Replace the cream with a mixture of soya yoghurt and blended tofu.
HONEY	Replace the honey with an equal amount of maple syrup or agave nectar.
COTTAGE CHEESE OR RICOTTA CHEESE	Replace the cheese with crumbled silken tofu.

Eating well for 1-4 year old vegan children

The example meals and snacks on pages 94-120 are designed to show how different types of foods can be served to meet the current nutritional guidance which is summarised on page 122.

We have based the eating plans on breakfast, two snacks, lunch and tea, and this eating plan provides about 90% of the daily energy and nutrient needs of a toddler. We suggest the energy and nutrient needs are divided across the day as follows:

Breakfast	20%
Morning snack	10%
Savoury meal	20%
Dessert	10%
Afternoon snack	10%
Savoury meal	20%
	= 90%

This leaves 10% of energy and nutrients for an additional drink, or a drink and a snack, in the evening. For children aged 1-4 years this would mean about 130kcal a day, which is equivalent to:

- breastfeeds in the morning and evening, or 400ml of calcium-fortified unsweetened soya milk alternative, or
- a large banana and 200ml of calcium-fortified unsweetened soya milk alternative, or
- an average-sized eating apple and 250ml of calcium-fortified unsweetened soya milk alternative, or
- any of the other snacks that we suggest on pages 98-106.



How did we calculate the suggested portion sizes for the example meals and snacks?

In order to calculate the amounts of foods and types of foods that meet the average energy and nutrient needs of children aged 1-4 years, we created a series of sample menus which met average energy and nutrient requirements for those aged 3-4 years, as well as following current good practice guidance for food in early years settings for children. Information about the average energy and nutrient requirements for groups of children in early years settings can be found on page 122. Information about guidance for food served in early years settings in the UK can be found in the *Resources* section on page 128.

Why did we choose to base portions on average 3-4 year olds?

The appetite of children aged 1-4 years will be variable and it is important that children eat to their own appetite. Some children will eat more than others and some will be experiencing a growth spurt and have a bigger appetite, and children will vary in their activity levels. To ensure the needs of everyone in the group are met, we have based our values on 3-4 year olds, but those catering for under-5s will know the amount that suits individual children. If a variety of meals and snacks are chosen across the week, the nutrient needs of all children are likely to be met.

More information about how these food photo resources are put together can be found in the publication *A practical guide to creating food photo resources*, available at www.firststepsnutrition.org/eating-well-resources

Plates and bowls

The actual dimensions of the plates and dishes used in the food photos are shown on page 134. Details of where to get similar plates, bowls and cups can also be found on page 134.



Example meals and snacks for vegan 1-4 year olds

This section contains some example meals and snacks that give an idea of the types of foods and amounts of foods that along with appropriate supplementation meet the nutritional needs of vegan 1-4 year olds.

All of the recipes included in this section are also suitable for vegetarians and for those on dairy-free and/or egg-free diets. We have also indicated which recipes are gluten-free.

Vegan breakfasts for 1-4 year olds

Banana porridge made with soya milk alternative, with toasted fruit bread

Gram flour 'omelette' with mushrooms and toast

Granola with soya yoghurt and kiwi

Weet bisk with soya milk alternative and raisins, and toast and jam

Vegan snacks for 1-4 year olds

Breadsticks with cannellini bean houmous dip and tomato and avocado wedges

Mini avocado and tomato salsa sandwiches

Oatcakes with Brazil nut butter and oranges

Peanut butter on toasted muffin, with grapes

Pitta bread with tahini dip and apple

Rice cakes with lentil and peanut butter pâté, and red and green pepper

Rice cakes with mushroom pâté and cherry tomatoes

Vegan fruit scone with strawberries

Wholemeal roll with almond butter, and carrot sticks

Wholemeal toast with pinto bean spread, and carrot sticks

Vegan savoury meals for 1-4 year olds

Black-eyed bean chilli with yellow rice and roasted vegetables

Channa aloo, vegetable pilau and masoor dahl

Chick pea burger with wholemeal roll and salad

Pasta with vegan Bolognese sauce, with tomato and cucumber salad

Pitta bread with falafel, houmous, and carrot and cucumber sticks

Rice noodles with tofu and stir-fried vegetables

Spicy ratatouille with tofu and chapatti

Vegan pizza with salad

Vegan Spanish 'omelette' with new potatoes and baby sweetcorn

Vegetable crumble with mashed potato and baked beans

Vegan desserts for 1-4 year olds

Peach shortcake with soya milk custard

Raisin cookie with pear

Soya rice pudding with chopped dates

Soya semolina pudding with dried apricots

Vegan chocolate cake, with grapes

BREAKFAST

1-4 years

Banana porridge made with soya milk alternative, with toasted fruit bread

This recipe makes 4 portions of about 130g porridge and 30g fruit bread.

Porridge**Ingredients**

70g porridge oats

500ml unsweetened calcium-fortified soya milk alternative

1/3 teaspoon powdered nutmeg

1 large banana, peeled and sliced

Method

1. Place the oats and milk in a non-stick saucepan.
2. Heat gently until boiling, and then turn the heat down and simmer, stirring occasionally, until the oats are softened and have absorbed the milk.
3. Cool and add the nutmeg and sliced banana before serving.

Fruit bread**Ingredients**

4 slices of fruit bread (Check the label to make sure it is suitable for vegans.)

2 teaspoons dairy-free fat spread

Method

1. Toast the fruit bread and spread it with the fat spread.
2. Cut into pieces.

Serve with 100ml of diluted fresh orange juice (half orange juice and half water), in a cup.



BREAKFAST**1-4 years****Gram flour 'omelette' with mushrooms and toast**

This recipe makes 4 portions of about 80g 'omelette', 20g mushrooms and 25g toast.

Ingredients

4 tablespoons chick pea flour (also known as gram flour)

1/2 tablespoon parsley, chopped

150ml water

1 tomato, finely diced

1 teaspoon vegetable oil

100g button mushrooms, sliced

3 large slices bread, toasted

2 teaspoons dairy-free fat spread

Method

1. Mix the chick pea flour and parsley with the water to form a smooth batter. Add the diced tomato.
2. Heat the vegetable oil in a frying pan and fry the 'omelette' until set.
3. Take the 'omelette' from the pan and add the mushrooms, dry-frying them until they are soft.
4. Serve the 'omelette' with the mushrooms and slices of toast with spread.

Serve with 100ml of diluted fresh orange juice (half orange juice and half water), in a cup.



BREAKFAST

1-4 years

Granola with soya yoghurt and kiwi

This recipe makes 4 portions of about 170g.

Ingredients

120g natural granola with raisins (Check the label to make sure it is suitable for vegans.)

400g unsweetened soya yoghurt

2 kiwi fruit, peeled and diced

Method

1. Soak the granola in the yoghurt.
2. Add the diced kiwi.

Serve with 100ml of diluted fresh orange juice (half orange juice and half water), in a cup.



BREAKFAST**1-4 years****Weet bisk with soya milk alternative and raisins, and toast and jam**

This recipe makes 4 portions of about 130g cereal and 30g toast and jam.

Ingredients

4 weet bisks

400ml unsweetened calcium-fortified soya milk alternative

40g raisins

4 small slices wholemeal bread, toasted

2 teaspoons dairy-free fat spread

2 teaspoons jam

Method

1. Pour the milk over the weet bisks and add the raisins.
2. Toast the bread and spread with the fat spread and jam. Cut into fingers.

Serve with 100ml of diluted fresh orange juice (half orange juice and half water), in a cup.



SNACK

1-4 years

Breadsticks with cannellini bean houmous dip and tomato and avocado wedges

This recipe makes 4 portions of about 30g houmous, 8g breadsticks, and 40g avocado and tomato.

Ingredients

200g canned cannellini beans (half of a 400g can),
drained (drained weight 130g)

1/2 teaspoon garlic paste

1 teaspoon tahini (sesame seed paste)

1/2 teaspoon vegetable oil

1 teaspoon lemon juice

1 teaspoon water

1/2 teaspoon paprika powder

8 breadsticks

1 large tomato, sliced

1 avocado, peeled, de-stoned and sliced

Method

1. Place the beans, garlic paste, tahini, oil, lemon juice, water and paprika in a blender and blend until smooth. Or place in a bowl and mash.
2. Serve with the breadsticks, tomato and avocado.

Serve with 100ml unsweetened calcium-fortified soya milk alternative.



SNACK

1-4 years

Mini avocado and tomato salsa sandwiches

This recipe makes 4 portions of about 80g.

Ingredients

- 1 medium tomato, finely chopped
- 2 spring onions, finely chopped
- 1/2 teaspoon garlic paste
- 1/2 tablespoon chopped fresh parsley
- 1/4 teaspoon black pepper
- 4 large slices wholemeal bread
- 1 large avocado, peeled, stone removed, and mashed

Method

1. To make the salsa, mix the tomato, spring onions, garlic paste, parsley and pepper together in a bowl.
2. Spread two slices of bread with the mashed avocado and a layer of salsa. Put the other two slices of bread on top.
3. Cut into mini triangles.

Serve with 100ml unsweetened calcium-fortified soya milk alternative.



Oatcakes with Brazil nut butter and oranges

This recipe makes 4 portions of about 30g oatcakes and butter, and 40g oranges.

Ingredients

40g Brazil nut butter

4 oatcakes

4 small satsumas or clementines, peeled and divided into segments

Method

1. Spread the oatcakes with the Brazil nut butter.
2. Serve with the orange segments.

Serve with 100ml unsweetened calcium-fortified soya milk alternative.



SNACK

1-4 years

Peanut butter on toasted muffin, with grapes

This recipe makes 4 portions of about 45g muffin and peanut butter, and 40g grapes.

Ingredients

2 English muffins (Check the label to make sure they are vegan and do not contain milk, egg or animal fats. Most own-brand varieties are vegan.)

1 tablespoon smooth peanut butter

160g grapes, washed

Method

1. Cut the muffins in half and toast them.
2. Spread with the peanut butter and cut into quarters.
3. Serve the muffins with grapes. Cut the grapes into smaller pieces for younger children or where there may be risk of choking.

Serve with 100ml unsweetened calcium-fortified soya milk alternative.



Pitta bread with tahini dip and apple

This recipe makes 4 portions of about 50g pitta bread and dip and 40g apple.

Ingredients

1 heaped tablespoon tahini (sesame seed paste)

100g unsweetened soya yoghurt

1 teaspoon lemon juice

1 1/2 pitta breads (These are usually vegan, but check the ingredients list to make sure.)

2 eating apples, cored and sliced

Method

1. Mix the tahini, yoghurt and lemon juice together in a bowl.
2. Toast the pitta bread and slice into fingers.
3. Serve the dip with pitta bread and apple slices.

Serve with 100ml unsweetened calcium-fortified soya milk alternative.



SNACK

1-4 years

Rice cakes with lentil and peanut butter pâté, and red and green pepper

This recipe makes 4 portions of about 40g rice cake and pâté and 40g red and green pepper. Gluten-free.

Ingredients

30g dried red lentils
1 teaspoon vegetable oil
1/2 small onion, peeled and finely chopped
1/2 teaspoon curry powder
1 teaspoon tomato purée
1 teaspoon lemon juice
3 teaspoons smooth peanut butter
4 rice cakes
1/2 red pepper, washed, cored, de-seeded and sliced
1/2 green pepper, washed, cored, de-seeded and sliced

Method

1. Bring a small pan of water to the boil and add the lentils. Bring back to the boil and then reduce the heat and simmer for 20 minutes until soft. Drain the lentils.
2. Heat the oil in a small pan and fry the onion until soft.
3. Add the curry powder and lentils.
4. Stir in the tomato purée, lemon juice and peanut butter and then remove from the heat.
5. Allow to cool and then blend or mash until smooth.
6. Serve with the rice cakes and pepper slices.

Serve with 100ml unsweetened calcium-fortified soya milk alternative.



Rice cakes with mushroom pâté and cherry tomatoes

This recipe makes 4 portions of about 50g rice cakes and pâté, and 40g cherry tomatoes. Gluten-free.

Ingredients

- 1 tablespoon vegetable oil
- 1/2 small onion, peeled and finely diced
- 1/2 teaspoon garlic paste
- 150g mushrooms, peeled and diced
- 4 rice cakes
- 160g cherry tomatoes, halved

Method

1. Heat the oil in a frying pan. Fry the onions, garlic and mushrooms until they are soft.
2. Place the fried items in a blender and blend until smooth. Or push through a sieve, or mash with a fork.
3. Serve with the rice cakes and halved cherry tomatoes.

Serve with 100ml unsweetened calcium-fortified soya milk alternative.



SNACK

1-4 years

Vegan fruit scone with strawberries

This recipe makes 4 portions of about 30g fruit scone and 40g strawberries.

Ingredients

- 2 tablespoons white flour
- 1/2 teaspoon baking powder
- 1 level tablespoon dairy-free fat spread
- 1 tablespoon unsweetened calcium-fortified soya milk alternative
- 1 heaped tablespoon raisins
- 2 teaspoons dairy-free fat spread to spread on the cooked scones
- 160g strawberries, washed, hulled and halved

Method

1. Heat the oven to 230°C / 450°F / Gas 6.
2. Sieve the flour and baking powder together in bowl.
3. Add the first quantity of fat spread to the flour and mix using your fingers until the mixture resembles fine breadcrumbs.
4. Gradually add the milk, and then add the raisins, to the breadcrumb mixture and mix to a sticky dough.
5. Turn onto a floured board, shape into a circle of dough about 4cm thick. Shape the dough into two scones.
6. Bake for 8 to 10 minutes until risen and starting to brown.
7. Allow to cool and then spread with the fat spread and serve with strawberries.

Serve with 100ml of unsweetened calcium-fortified soya milk alternative.



SNACK

1-4 years

Wholemeal roll with almond butter, and carrot sticks

This recipe makes 4 portions of about 40g roll and almond butter, and 40g carrots.

**Ingredients**

- 2 wholemeal rolls (Check the ingredients list to make sure they are suitable for vegans.)
- 1 tablespoon almond butter
- 1 large carrot, peeled and cut into sticks

Method

1. Cut the rolls in half and toast them lightly.
2. Spread with the almond butter.
3. Serve with the carrot sticks.

Serve with 100ml unsweetened calcium-fortified soya milk alternative.

Wholemeal toast with pinto bean spread, and carrot sticks

This recipe makes 4 portions of about 60g toast with pinto bean spread, and 40g carrots.

**Ingredients**

- 200g canned pinto beans (half of a 400g can), drained (drained weight 120g)
- 1 tablespoon tahini (sesame seed paste)
- 1/2 teaspoon garlic paste
- 1 teaspoon lemon juice
- Pinch black pepper
- 2 large slices wholemeal bread, toasted
- 1 large carrot, peeled and cut into sticks

Method

1. Place the beans, tahini, garlic, lemon juice and pepper into a blender, and blend until smooth. Or put them in a bowl and mash thoroughly with a potato masher.
2. Toast the bread, spread with the paste and cut into fingers. Serve with the carrot sticks.

Serve with 100ml unsweetened calcium-fortified soya milk alternative.

SAVOURY MEAL

1-4 years

Black-eyed bean chilli with yellow rice and roasted vegetables

This recipe makes 4 portions of about 100g chilli, 60g rice and 40g vegetables. Gluten-free.

Black-eyed bean chilli**Ingredients**

- 1/2 tablespoon vegetable oil
- 1 teaspoon garlic paste
- 1 small onion, peeled and finely diced
- 1 small (200g) can chopped tomatoes
- 1/2 teaspoon mild chilli powder
- 1/2 tablespoon cider vinegar
- 1 large (400g) can black-eyed beans, drained (drained weight 240g)

Method

1. In a large pot, heat the oil and fry the garlic paste and onions for 5 minutes until the onions are almost softened.
2. Add the tomatoes, chilli powder and vinegar and then simmer with the lid on for 10 minutes.
3. Add the beans and cook for a further 5 to 10 minutes.

Yellow rice**Ingredients**

- 80g basmati rice
- 160ml water
- 1/2 tablespoon dairy-free fat spread
- 1/2 teaspoon turmeric
- 15g raisins or sultanas, chopped

Method

1. Bring the water to boil. Add all the ingredients.
2. Reduce the heat, cover and simmer for 20 minutes or until the rice is tender and the liquid has been absorbed.

Roasted vegetables**Ingredients**

- 1/2 medium courgette, trimmed and cut into small pieces
- 5 medium mushrooms, halved
- 1/2 medium onion, peeled and cut into chunks
- 1/2 small red pepper, cored, de-seeded and cut into chunks
- 1/2 small yellow pepper, cored, de-seeded and cut into chunks
- 1/2 teaspoon dried mixed herbs
- 1/2 tablespoon vegetable oil

Method

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Place the vegetables on a baking tray, sprinkle on the mixed herbs, and drizzle with the oil.
3. Roast for 20 to 25 minutes until tender.



SAVOURY MEAL

1-4 years

Channa aloo, vegetable pilau and masoor dahl

This recipe makes 4 portions of about 90g channa aloo, 80g pilau and 40g dahl. Gluten-free.

Channa aloo**Ingredients**

- 1 medium potato, peeled and cut into small cubes
- 1 tablespoon vegetable oil
- 1/2 teaspoon chilli powder
- 1/3 teaspoon cumin powder
- 1/2 medium onion, diced
- 1 teaspoon garlic paste
- 2 tablespoons tomato purée
- 1 large (400g) can chick peas (drained weight 240g)

Method

1. Boil the potatoes until tender, and then drain.
2. Heat the oil in a large pan and fry the spices, onion and garlic.
3. Add the tomato purée, drained chick peas and potato.
4. Stir to blend, and cook for about 5 minutes until heated through.

Serve with boiled rice mixed with peas.

Masoor dahl**Ingredients**

- 75g split yellow lentils
- 1 teaspoon vegetable oil
- 1/2 onion, diced
- 1/2 teaspoon garlic paste
- 1/2 teaspoon mild chilli powder
- 1/2 teaspoon turmeric powder
- 3 tablespoons water
- 1/2 tablespoon chopped coriander leaves

Method

1. Boil the lentils in water until tender and then drain.
2. Heat the oil in a pan and fry the onions, garlic paste, chilli powder and turmeric for several minutes until the onions soften.
3. Add the cooked lentils and the water to the pan, and cook for 5 minutes.
4. Sprinkle with the coriander leaves.



SAVOURY MEAL

1-4 years

Chick pea burger with wholemeal roll and salad

This recipe makes 4 portions of about 45g burger, 40g roll and 40g salad.

Ingredients

1/2 small onion, peeled and finely diced
200g canned chick peas (half of a 400g can), drained (drained weight 120g)
1 teaspoon dried mixed herbs
1/2 teaspoon mild curry powder
1 heaped teaspoon plain flour
1 tablespoon dried shredded seaweed (nori)
1/2 tablespoon vegetable oil

Method

1. Place all the ingredients except for the oil into a blender and blend until smooth. Or mash together thoroughly in a large bowl.
2. Using your hands, make the mixture into 4 small burgers.
3. Heat the oil in a pan and fry the burgers for 3 to 4 minutes on each side until golden.

Serve with a small bread roll and salad, and 100ml of unsweetened calcium-fortified soya milk alternative.



SAVOURY MEAL

1-4 years

Pasta with vegan Bolognese sauce, with tomato and cucumber salad

This recipe makes 4 portions of about 200g.

Ingredients

1/2 tablespoon vegetable oil

1 medium onion, peeled and finely diced

1 teaspoon garlic purée

200g frozen soya mince

1/2 large carrot, peeled and grated

1 large can (400g) chopped tomatoes

200ml water

1 teaspoon mixed herbs

150g spaghetti (dried)

Method

1. Heat the oil in a large pan and fry the onions and the garlic purée until the onions soften.
2. Add the mince, carrot, tomatoes, water and mixed herbs, and simmer until the vegetables are cooked.
3. In a separate pan, cook the spaghetti.
4. Mix the spaghetti and mince mixture and chop as required.

Serve with a cucumber and tomato salad.



SAVOURY MEAL

1-4 years

Pitta bread with falafel, houmous, and carrot and cucumber sticks

This recipe makes 4 portions of about 40g falafel, 20g houmous, 30g pitta bread and 40g vegetable sticks.

Ingredients

4 tablespoons cooked, or canned, chick peas

1 tablespoon lemon juice

1 tablespoon tahini (sesame seed paste)

1 teaspoon garlic paste

1/2 teaspoon paprika powder

1 tablespoon sesame seeds

2 tablespoons vegetable oil

Method

1. Place the chick peas, lemon juice, tahini, garlic and paprika in a blender and blend until smooth. Or mash well in a bowl.
2. Take small pieces of the mixture, roll them into balls and coat in the sesame seeds.
3. Heat the oil in a pan and fry the falafel for 2 to 3 minutes on each side until golden.

Serve with houmous, pitta bread and vegetable sticks, and 100ml of unsweetened calcium-fortified soya milk alternative.



SAVOURY MEAL

1-4 years

Rice noodles with tofu and stir-fried vegetables

This recipe makes 4 portions of about 60g noodles, 60g vegetables and 50g tofu. Gluten-free.

Ingredients

1 tablespoon vegetable oil
1 teaspoon garlic paste
1 teaspoon ginger paste
1/2 large red pepper, cored, de-seeded and cut into thin strips
1/2 large yellow pepper, cored, de-seeded and cut into thin strips
1/2 small cabbage, core removed, shredded
2-3 tablespoons bean sprouts
200g tofu, drained and cubed
100g dried rice noodles

Method

1. Heat the oil in a wok or large frying pan. Stir-fry the garlic paste and ginger paste for 1 minute, and then add all the vegetables, cooking over a high heat for 3 to 4 minutes.
2. Add the tofu and stir through.
3. Boil the rice noodles separately and serve with the vegetable mixture.



SAVOURY MEAL

1-4 years

Spicy ratatouille with tofu and chapatti

This recipe makes 4 portions of about 90g ratatouille, 50g tofu and 20g chapatti.

Ingredients

1 small onion, peeled and finely diced

1 teaspoon garlic paste

1 small courgette, trimmed and cubed

1/2 aubergine, trimmed and cubed

1/2 green pepper, cored, de-seeded and cubed

1 medium tomato, cubed

1 teaspoon dried mixed herbs

1/2 teaspoon mild chilli powder

1/2 teaspoon black pepper

200ml water

3 tablespoons tomato purée

Method

1. Combine all the ingredients in a thick-bottomed pan and stir well.
2. Simmer, stirring occasionally, until all the vegetables are tender and the sauce has thickened.

Serve with fried cubes of tofu and chapatti, and 100ml of unsweetened calcium-fortified soya milk alternative.



Vegan pizza with salad

This recipe makes 4 portions of pizza of about 80g.

Ingredients

4 small pitta breads

4 teaspoons tomato purée

1 tablespoon raisins

1 tablespoon pine nuts

80g cherry tomatoes, finely sliced

1 tablespoon toasted shredded nori (seaweed sheet)

Method

1. Heat the grill to a moderate temperature and toast the pitta bread on one side for a few minutes.
2. Cover the untoasted side of the pitta breads in tomato purée and then scatter the remaining toppings over the pitta breads.
3. Grill the pizzas for 3 to 4 minutes until golden.

Serve with a salad and 100ml unsweetened calcium-fortified soya milk alternative.



SAVOURY MEAL

1-4 years

Vegan Spanish 'omelette' with new potatoes and baby sweetcorn

This recipe makes about 4 portions of 100g 'omelette', 50g potatoes and 40g sweetcorn. Gluten-free.

Ingredients

100g chick pea flour (also known as gram flour)

150ml water

1 tablespoon vegetable oil

1 medium onion, peeled and diced

1/2 red pepper, cored, de-seeded and diced

4 frozen broccoli florets, defrosted and diced

Method

1. Make the batter using the chick pea flour and water. Start by adding a small amount of the water to a bowl, and then add a small amount of the chick pea flour, stirring constantly. Gradually add small amounts of the remaining water and chick pea flour to the mixture until you have a smooth batter.
2. Heat the oil in a pan and fry the onion and peppers until soft.
3. Add the broccoli and then pour the batter over the vegetables. Cover and cook for about 5 to 10 minutes until the bottom is golden, and then turn and cook on the other side.

Serve with boiled new potatoes and baby sweetcorn (raw or steamed), and 100ml of unsweetened calcium-fortified soya milk alternative.



Vegetable crumble with mashed potato and baked beans

This recipe makes 4 portions of about 90g vegetable crumble, 80g potato and 60g baked beans.

Ingredients

1/2 tablespoon oats
1/2 tablespoon white flour
1/2 tablespoon wholemeal flour
1 tablespoon dairy-free fat spread
100g frozen mixed vegetables, chopped into small pieces
200g canned green lentils (half of a 400g can), drained (drained weight 120g)
50ml water
1 teaspoon cornflour
50ml unsweetened calcium-fortified soya milk alternative

Method

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Make up a crumble mix using the oats, two types of flour and the fat spread, rubbing the fat spread in until the mixture resembles breadcrumbs.
3. Place the vegetables, lentils and water in a saucepan and cook for 5 minutes.
4. Mix the cornflour with a little of the milk and make a smooth paste. Add this and the rest of the milk to the pan.
5. Transfer the mixture to an ovenproof dish and top with the crumble mix. Bake in the oven for 15 to 20 minutes until golden.

Serve with mashed potato and low-salt baked beans.



DESSERT

1-4 years

Peach shortcake with soya milk custard

This recipe makes 4 portions of about 50g shortcake and 50g custard.

Peach shortcake

Ingredients

200g peaches canned in fruit juice (half of a 400g can), drained but keeping the juice (drained weight 120g)

1 teaspoon cornflour

2 heaped tablespoons plain flour

1 tablespoon ground almonds

1 heaped tablespoon dairy-free fat spread

Method

1. Heat the oven to 200°C / 400°F / Gas 6 and grease an ovenproof bowl.
2. Drain the peaches, keeping the juice. Place the chopped peaches in an ovenproof bowl.
3. Mix the cornflour with a little of the peach juice, and then add this to the saucepan with the rest of the juice. Heat, stirring all the time, until the sauce thickens. Pour the sauce over the peaches.
4. Place the flour, ground almonds and fat spread in a bowl and, using your fingertips, mix until the mixture resembles breadcrumbs.
5. Cover the fruit with the mixture, press down and bake for about 20 minutes until the crust is golden. Cool before serving.

Soya milk custard

Ingredients

1 level tablespoon custard powder

200ml unsweetened calcium-fortified soya milk alternative

Method

1. Bring the milk to the boil in a saucepan.
2. Blend the custard powder with a little of the hot soya milk alternative in a small dish and then pour the blended mixture back into the milk and simmer until thickened.



DESSERT

1-4 years

Raisin cookie with pear

This recipe makes 4 portions of 30g cookie and 40g pear.

Ingredients

1 tablespoon dairy-free fat spread

1 tablespoon rolled oats

2 tablespoons apple purée

1 tablespoon raisins

1/2 teaspoon cinnamon powder

Method

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Grease a baking sheet with a little fat spread. In a bowl, mix the fat spread, oats, apple purée, raisins and cinnamon powder.
3. Put heaped dessertspoonfuls of the cookie dough onto the baking sheet, and push them flat with a fork. Bake for 10 to 12 minutes until lightly golden.
4. Remove the cookies from the oven and leave to cool on the tray for 1 minute before transferring to a wire rack to cool completely.

Serve a cookie with slices of pear.



DESSERT**1-4 years****Soya rice pudding with chopped dates**

This recipe makes 4 portions of about 100g. Gluten-free.

Ingredients

60g pudding rice

350ml unsweetened calcium-fortified soya milk alternative

80g dried dates, chopped

Method

1. Place the rice and milk in a pan and slowly bring to the boil, stirring all the time.
2. Simmer until the rice is soft and tender.
3. Allow to cool and then sprinkle with the chopped dates.

**Soya semolina pudding with dried apricots**

This recipe makes 4 portions of about 100g.

Ingredients

65g semolina

400ml unsweetened calcium-fortified soya milk alternative

80g dried apricots, chopped

Method

1. Place the semolina and milk in a saucepan and slowly bring to the boil, stirring all the time.
2. Simmer until the semolina has thickened and softened.
3. Allow to cool and then serve with the chopped apricots.



DESSERT

1-4 years

Vegan chocolate cake, with grapes

This recipe makes 12 portions of about 30g.

Ingredients

120g plain flour

30g cocoa powder

1/2 teaspoon baking powder

2 dessert apples, peeled, cored and diced

100ml water

1/2 teaspoon vanilla extract

30ml vegetable oil

1/2 teaspoon distilled apple cider vinegar

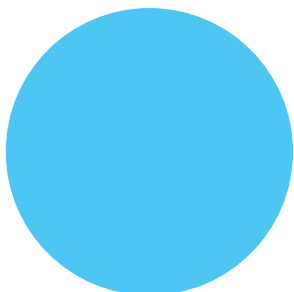
Method

1. Heat the oven to 350°F / 180°C / Gas 4.
2. Sieve together the flour, cocoa and baking powder in a bowl.
3. Place the apple pieces and water in a small pan and simmer until the apple is soft. Mash or purée the apple.
4. Add the apple purée, vanilla, oil and vinegar to the flour mixture and mix together.
5. Pour the mixture into a small greased tray, and bake in the oven for about 25 minutes.

Serve a piece of the cake with some grapes.



Additional information



Energy and nutrient requirements for 1-4 year olds

	BOYS		GIRLS	
	1-2 years	3-4 years	1-2 years	3-4 years
Energy MJ	3.7	5.35	3.45	4.95
kcal	885	1,275	825	1,180
Fat g (about 35% of energy)	34.3	49.7	32.0	46.0
Saturated fat g (about 11% of energy)	10.8	15.6	10.1	14.5
Carbohydrates g (about 50% of energy)	117.7	170.3	109.9	157.6
Non milk extrinsic sugars (NMES) g (about 11% of energy)	25.9	37.5	24.2	34.7
Protein g	14.5	17.1	14.5	17.1
Vitamin A micrograms	400	450	400	450
Thiamin mg	0.5	0.6	0.5	0.6
Riboflavin mg	0.6	0.7	0.6	0.7
Vitamin B12 micrograms	0.5	0.8	0.5	0.8
Folate micrograms	70	85	70	85
Vitamin C mg	30	30	30	30
Vitamin D micrograms	7	7	7	7
Iron mg	6.9	6.5	6.9	6.5
Calcium mg	350	400	350	400
Zinc mg	5	5.8	5	5.8
Iodine micrograms	70	85	70	85
Sodium mg	800	1,000	800	1,000
Salt g	2	2.5	2	2.5

Source: Energy data based on: Scientific Advisory Committee on Nutrition (2011). *Dietary Recommendations for Energy*. London: Department of Health.

Sodium and salt data taken from: Scientific Advisory Committee on Nutrition (2003). *Salt and Health*. London: TSO.

All other data from: Department of Health (1991). *Dietary Reference Values for Food Energy and Nutrients for the UK*. London: TSO.

Food-based guidance

In order to provide a good variety of foods in the proportions that are likely to ensure that all the nutrient needs are met, some simple food-based recommendations for 1-4 year olds are included here.

Food group: BREAD, OTHER CEREALS AND POTATOES

How much to serve?	Good choices	Notes
<p>Foods from this group should be offered at every meal, and can be useful foods to offer as part of snacks.</p> <p>These foods should make up about a third of the food served each day.</p>	<p>Most types of bread – wholemeal, granary, brown, wheatgerm, white, multigrain, soda bread, potato bread, chapattis, rotis, rolls, pitta bread and wraps</p>	<p>Check food labels to make sure there are no milk or egg products added to bread products.</p> <p>Look for lower-salt breads.</p>
	<p>Potatoes or sweet potatoes – boiled, mashed, baked or wedges</p>	<p>Processed potato products like waffles or smiley faces should be avoided.</p>
	<p>Yam, plaintain, cocoyam, cassava and other starchy root vegetables</p>	
	<p>Pasta – wholemeal and white</p>	<p>Check that no egg was used in manufacture.</p> <p>Avoid dried or canned ready-prepared pasta in sauce as these are very salty.</p>
	<p>Rice – brown and white rice</p>	<p>Avoid fried rice or flavoured dried rice in packets.</p>
	<p>Other grains such as couscous or bulgur wheat, maize (polenta) and cornmeal</p>	
	<p>Breakfast cereals – porridge, puffed wheat, weet bisks, shredded wheat and other cereals that are free of sugar, salt and animal products.</p>	<p>Many fortified cereals will contain vitamin D from sources that are not suitable for vegans.</p> <p>Avoid sugary breakfast cereals. If a cereal (without milk added) contains more than 10g of sugar per 100g, this is a high-sugar food.</p>

Food group: FRUIT AND VEGETABLES

How much to serve?

Offer different fruits and vegetables at meals and snacks.

1-4 year olds should be encouraged to taste at least five different fruits and vegetables a day.

Aim for 40g portions of vegetables and fruits for all 1-4 year olds at meals and snacks.

Good choices

All types of **fresh, frozen and canned vegetables** such as broccoli, Brussels sprouts, cabbage, carrots, cauliflower, mushrooms, parsnips, peas, peppers, spinach, swede, sweet potato and turnip

All types of **salad vegetables** such as lettuce, watercress, cucumber, tomato, raw carrot, raw pepper, radish or beetroot

All types of **fresh fruit** such as apples, bananas, pears, grapes, kiwi fruit, oranges, plums, berries, melon or mango

All types of **canned fruit in juice** – such as peaches, pears, pineapple, mandarin oranges, prunes, guava or lychees

Stewed fruit such as stewed apple, stewed dried fruit, stewed plums, stewed currants or stewed rhubarb

Dried fruit such as raisins, dried apricots, dates, dried figs, prunes

Notes

Avoid vegetables canned with added salt and sugar.

Do not overcook fresh vegetables, or cut them up a long time before cooking and leave them in water, or cook them early and re-heat before serving – as these practices all reduce the vitamin content.

Avoid pouches of puréed fruit as these are high in sugar. Never let children suck sweet or fruit-based foods directly from food pouches as this can damage teeth.

Avoid dried fruit with added sugar and vegetable oil. Serve dried fruit with meals and not as snacks.

Food group: NON-DAIRY MILK ALTERNATIVES

How much to serve?

Children should be offered 3 non-dairy milk alternative drinks, or foods made from these such as sauces or desserts, a day.

Good choices

Unsweetened calcium-fortified soya milk alternative can act as the main drink, as an alternative to animal milk.

Unsweetened calcium-fortified milk alternatives made from nuts, oats or hemp are suitable alternatives, but they are more expensive and may differ in nutritional profile.

Non-dairy milk alternatives can be used to make puddings and custards and in any recipe where animal milk is normally used.

Soya or coconut yoghurt is also a suitable alternative. Look for unsweetened calcium-fortified soya yoghurt.

Notes

Non-dairy milk alternatives are generally lower in energy and protein, as well as some other nutrients, compared to animal milks. Care is therefore needed to ensure that the whole diet is energy- and nutrient-dense and that important nutrients are included from other food sources.

Avoid rice milk alternative and any milk alternative that is sweetened.

Avoid soya or coconut yoghurts that have a high sugar content. (If the sugar content on a yoghurt label says it has more than 15g of sugar per 100g, it is a high sugar option.) It is preferable to add fresh fruit to natural yoghurt.

Food group: PROTEIN FOODS THAT ARE ALSO HIGH IN IRON AND ZINC

How much to serve?	Good choices	Notes
<p>Foods in this group can be usefully served as part of snacks – for example, in sandwich fillings.</p>	<p>Peas, beans and lentils, including all sorts of beans and peas such as butter beans, kidney beans, chick peas, lentils, processed peas or baked beans</p> <p>Soya products such as tofu, soya mince or soya flakes</p> <p>Textured vegetable proteins</p> <p>Seitan (made from wheat gluten)</p> <p>Nuts and seeds and nut and seed pastes such as peanut butter, almond butter and Brazil nut butter are important sources of energy and protein and other nutrients in vegan diets. Pine nuts and other ground nuts can be used in vegan dishes. Ground almonds can be used in cakes and puddings.</p> <p>Seeds such as sunflower seeds, pumpkin seeds and sesame seeds and pastes such as tahini are used in many vegan dishes.</p>	<p>Look for canned pulses with no added salt or sugar.</p> <p>Choose lower-salt baked beans.</p> <p>Processed products made from meat alternatives (eg. vegan sausages, burgers and pies) can be high in salt. There are some vegan Quorn products, but some have egg white added so check the label.</p> <p>Commerically prepared Seitan can be high in salt if flavoured or marinated in soy sauce. Look for unflavoured Seitan, or it can be simply made at home.</p> <p>Avoid nuts and seeds that could be a choking hazard. Nuts should be finely chopped, ground, or given as pastes or butters.</p>

Good sources of vitamins and minerals

The table below shows a number of foods and drinks that are important sources of certain vitamins and minerals. These are based on average servings.

	Excellent	Good	Useful
Vitamin A	carrots red peppers spinach sweet potatoes cantaloupe melon dried apricots mango	broad beans broccoli Brussels sprouts cabbage (dark) runner beans tomatoes watercress apricots, fresh or canned blackcurrants nectarine peach	peas sweetcorn honeydew melon orange prunes
Vitamin C	green and red peppers (raw) spring greens blackcurrants canned guava orange (and orange juice) strawberries	broccoli Brussels sprouts cabbage cauliflower spinach tomato watercress grapefruit kiwi fruit mango	green beans peas potatoes satsumas blackberries eating apples nectarines peaches raspberries
Calcium	green leafy vegetables tofu calcium-fortified unsweetened soya, oat and almond milk alternatives, and fortified coconut milk alternative	ground almonds sesame seeds sesame paste	white bread/flour peas, beans and lentils dried fruit orange
Iron	soya beans lentils chick peas spinach tofu	tahini (sesame seed paste) ground cashews wholemeal bread/flour weet bisks chick peas broccoli spring greens dried apricots raisins	white bread baked beans almonds sunflower seeds black-eyed peas broad beans green peas blackcurrants
Zinc	nuts sesame seeds sunflower seeds tahini tofu wheatgerm	beans and lentils wholegrain breakfast cereals, such as puffed wheat, branflakes or weet bisks	brown or wholemeal bread plain popcorn

Resources

Organisations for vegans and vegetarians

The Vegan Society
www.vegansociety.com

Vegetarian Society
www.vegsoc.org

Breastfeeding helplines

National Breastfeeding Helpline

0300 100 0212

The National Breastfeeding Helpline is staffed by volunteers from the Association of Breastfeeding Mothers and The Breastfeeding Network. Calls can also be answered in Welsh and Polish.

La Leche League GB

0345 120 2918

NCT Support Line

0300 330 0700

Useful organisations and sources of information

Association of Breastfeeding Mothers

T: 08444 122 948

Helpline: 0300 330 5453

E: info@abm.me.uk

www.abm.me.uk

The Baby Café

www.thebabycafe.org

Coordinates a network of breastfeeding drop-in centres and other services to support breastfeeding mothers.

Baby Milk Action (IBFAN UK)

T: 01223 464420

www.babymilkaction.org

Baby Milk Action (IBFAN UK) is a campaigning organisation that protects breastfeeding by highlighting inappropriate marketing of breastmilk substitutes. Baby Milk Action works within a global network to strengthen independent, transparent and effective controls on the marketing of the baby feeding industry.

Best Beginnings

T: 020 7443 7895

E: info@bestbeginnings.org.uk

www.bestbeginnings.org.uk

Best Beginnings is a charity working to end child health inequalities in the UK. It offers a range of advice for parents and carers.

Baby Buddy is a free mobile phone app for parents and parents-to-be, covering pregnancy and the first six months after birth. It delivers personalised pregnancy and parenting information and prompts for reflection and action. The app is available to download from the App Store or Google Play.

Bliss

T: 020 7378 1122

Family Support Helpline: Freephone 0500 618 140

www.bliss.org.uk

Bliss is a special care charity which provides information about feeding babies born too soon, too small, or too sick.

The Breastfeeding Network

T: 0844 412 0995

Helpline: 0300 100 0212

www.breastfeedingnetwork.org.uk

The Breastfeeding Network is a UK charity that provides evidence-based information and support for breastfeeding women and their families.

The Breastfeeding Network also runs the **Drugs in Breastmilk Information Service** (see below).

Drugs in Breastmilk Information Service

The Drugs in Breastmilk Facebook page provides information on medication use when breastfeeding at www.facebook.com/BfNDrugsinBreastmilkinformation/

Factsheets are available at www.breastfeedingnetwork.org.uk/drugs-factsheets/

For help with specific questions about medicines or treatments, message the Drugs in Breastmilk Information Service

druginformation@breastfeedingnetwork.org.uk

First Steps Nutrition Trust

See page 132 for information on eating well produced by First Steps Nutrition Trust.

Food for Life Partnership Early Years Award

www.foodforlife.org.uk

Food Standards Agency

www.food.gov.uk

The Food Standards Agency provides a range of resources about food safety and hygiene. These are available to download at www.food.gov.uk/about-us/publications#toc-2

Healthy Start

www.healthystart.nhs.uk

This website provides information about the Healthy Start scheme in the UK. It also provides food and health tips for pregnant women and families with young children, and information about vitamin use.

Institute of Health Visiting

www.ihv.org.uk

The Institute of Health Visiting provides useful fact sheets and training for health visitors, and fact sheets for families.

Lactation Consultants of Great Britain

www.lcgb.org

E: info@lcgb.org

Lactation Consultants of Great Britain is the association for those with the qualification of the International Board Certified Lactation Consultant (IBCLC). To find your nearest IBCLC, go to www.lcgb.org/find-an-ibclc

La Leche League GB

Helpline: 0345 120 2918

www.laleche.org.uk

La Leche League GB is a support network that offers information and encouragement, mainly through mother-to-mother support, to all women who want to breastfeed their babies.

There is also an excellent selection of frequently asked questions available at:

www.laleche.org.uk/find-lll-support-group/

Maternity Action

www.maternityaction.org.uk

Maternity Action is committed to ending inequality and improving the health and well-being of pregnant women, partners and young children from conception through to the child's early years. They also support the rights of women to breastfeed in the workplace.

Midwives Information and Resource Service (MIDIRS)

T: 0800 581 009

www.midirs.org

Multiple Births Foundation

T: 020 3313 3519

www.multiplebirths.org.uk

The Multiple Births Foundation supports multiple-birth families. They have produced free feeding guidelines for parents and carers. Their booklet *Feeding twins, triplets and more* is available for download at: www.multiplebirths.org.uk/MBFParentsFeedingGuideFINALVERSION.pdf

National Breastfeeding Helpline

T: 0300 100 0212 (available in English, Welsh and Polish)

This helpline is run in collaboration with the Association of Breastfeeding Mothers (ABM) and the Breastfeeding Network (BfN) and is funded by the Department of Health.

NCT

T: 0844 243 6000

NCT Support Line: 0300 330 0700

E: enquiries@national-childbirth-trust.co.uk

www.nct.org.uk

The NCT is a national parenting charity that offers advice and information on breastfeeding, including a helpline. A full list of their factsheets is available at: www.nct.org.uk/parenting

NHS

www.nhs.uk

The NHS website contains information on infant and young child feeding which complements and often adds to that provided by Start4Life (see below).

NHS Health Scotland/Scottish Government

www.parentclub.scot/

Information to support parents and professionals around infant feeding.

Ready, Steady, Baby

www.readysteadybaby.org.uk

A website covering the time from deciding to have a baby, through pregnancy and birth, and up until your baby is 12 months.

Ready, Steady, Toddler!

www.readysteadytoddler.org.uk

A website and apps for families.

Setting the table – Nutritional guidance and food standards for early years childcare providers in Scotland

www.healthscotland.com/documents/21130.aspx

Public Health Agency (Northern Ireland)

Off to a good start: All you need to know about breastfeeding your baby

www.publichealth.hscni.net/publications/good-start

What dads should know about breastfeeding

www.publichealth.hscni.net/publications/what-dads-should-know-about-breastfeeding

Nutrition matters for the early years: Guidance for feeding under fives in the childcare setting

www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting

Public Health Wales

Bilingual resources (in English and Welsh) on infant feeding can be accessed at

www.healthchallengewales.org/infantfeeding-publications/

Bump, Baby & Beyond (In English and Welsh)

<http://www.wales.nhs.uk/documents/Pregnancy%20to%204%20Years%20Book%20FINAL%20English%20Revised%20E-Book%20Compressed.pdf>

A book that provides parents with support from the early stages of pregnancy, through to the early days with your baby and into the toddler years.

Food and health guidelines for early years and childcare settings

<http://gov.wales/docs/phhs/publications/foodandhealth/090414guidelinesen.pdf>

Royal College of Midwives

T: 0300 303 0444

E: info@rcm.org.uk

www.rcm.org.uk

Start4Life

www.nhs.uk/start4life

Pregnancy and baby information for parents-to-be and new parents, with links to films and health and well-being information.

Tamba (Twins and Multiple Births Association)

www.tamba.org.uk

T: 01483 304442

Tamba produces a leaflet called *Breastfeeding more than one*, which gives advice on managing breastfeeding for twins or triplets or more.

Unicef UK Baby Friendly Initiative

T: 020 7375 6052

E: bfi@unicef.org.uk

www.babyfriendly.org.uk

The Unicef UK Baby Friendly Initiative website contains useful information and advice on all aspects of infant feeding.

Off to the best start

www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2010/11/otbs_leaflet.pdf

A downloadable booklet produced in collaboration with the Government's Start4Life campaign.

It provides information about all aspects of breastfeeding, including for multiple births. Printed copies are available for free by phoning the Department of Health and Social Care Publications Orderline on 0300 123 1002.

Breastfeeding at study or work – information for employees and employers

www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/04/breastfeedingandwork.pdf

Guide to bottle feeding**Infant formula and responsive bottle feeding: A guide for parents**

Both of these are available at:

www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/infant-formula-responsive-bottle-feeding-guide-for-parents/

Books

Baby and Child Vegetarian Recipes

Carol Timperley

Ebury Press

Feeding Your Vegan Infant with Confidence

Sandra Hood

The Vegan Society

Plant-based Nutrition and Health

Stephen Walsh

The Vegan Society

Tiny Tastes

A pack to help parents manage fussy eating and encourage young children to try new vegetables.

Available for sale from www.fbsresources.com

Vegetarian and Vegan Mother and Baby Guide

Juliet Gellatley and Rose Elliot

Viva!

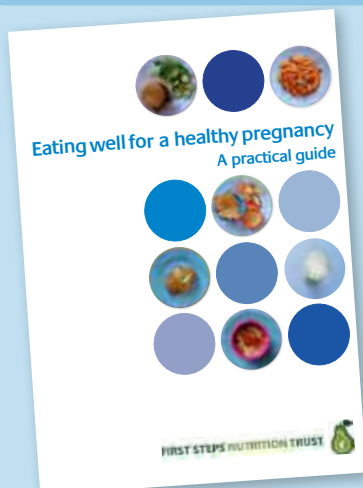
First Steps Nutrition Trust – Useful resources

The information in all our resources is in line with current policy and has been reviewed by experts in the field.

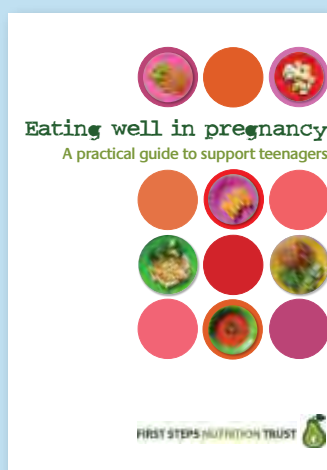
All our resources are available as free pdfs to download at www.firststepsnutrition.org

Hard copies are available at cost price from www.fbsresources.com

Supporting women in pregnancy and new mums



This guide enables health professionals to support pregnant women about food, nutrition and pregnancy. It includes recipes and meal ideas and can sit alongside other local public health guidance to provide a practical explanation of what 'eating well' looks like in practice.

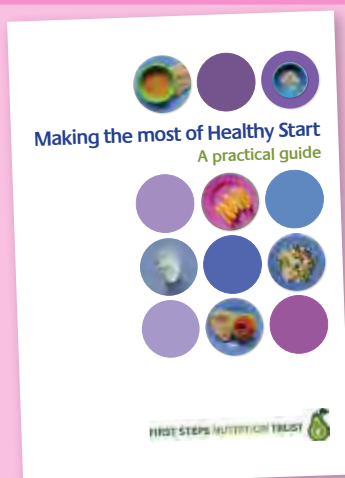


This practical guide illustrates what a good diet looks like for young women in pregnancy. The advice is tailored to women aged 15-19 years and provides practical ideas on how to eat well cost-effectively. It includes photos and recipes, all of which have been tested and costed.



This resource encourages all new mums to eat well and summarises current thinking on food, nutrition and breastfeeding. It provides photos and recipes for a range of simple, nutritious light meals and snacks perfect for busy mums on the go.

Supporting low-income families

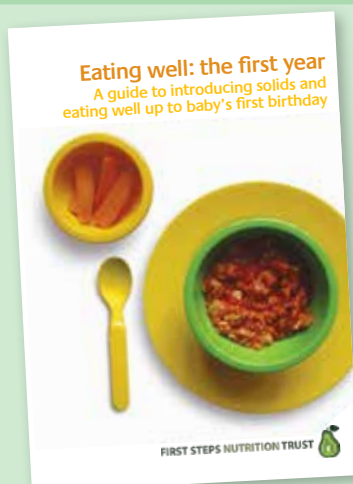


This resource explains the UK-wide Healthy Start scheme and how families eligible for this scheme can be supported. The resource gives examples of how the food vouchers can be spent, with recipes and advice for health professionals who support families in their areas.



Simple cost-effective recipes for the whole family and tips on how to eat well on a budget and with limited equipment. Recipes show how adults, teenagers, school-aged children, under-5s and infants can all eat well from the same recipes.

Supporting new families



This resource explains how to safely introduce solids and how to encourage eating well in the second six months of life. The resource provides recipes, suggested portion sizes and lots of practical tips.

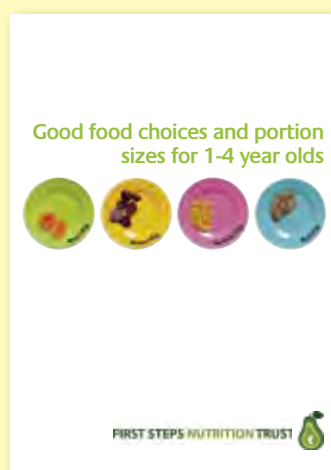


This resource summarises how vegan infants (and their mums) and children under 5 can be supported to eat well. It provides simple, cost-effective and tested recipes that can be used in early years settings or in the home, and clear information on how to support vegan dietary choices.

Supporting 1-4 year olds and early years settings



This guide outlines how families and early years settings can prepare packed lunches which meet the energy and nutrient needs of young children, using cost-effective choices that meet a wide range of needs.



This pictorial guide shows the sorts of foods, and amounts of foods that can be offered to 1-4 year olds to encourage eating well as part of a healthy meal plan.



This resource gives information on healthy snacks to give to 1-4 year olds.

Plates and bowls used in this resource

The photos below show the actual sizes of the plates and bowls used in the food photos in this resource. Most of the plates, bowls and cutlery were sourced from RICE (www.rice.dk), a Danish brand of melamine crockery that can be obtained from a number of retailers in the UK. The baby cups were sourced from www.babycup.co.uk. The plastic beakers were from IKEA.

Plate
20cm





Bowl
12cm



Finger food bowl
8cm

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