**Healthy Eating Information for Parents and Carers:**

Coming in to contact with a range of different foods from an early age makes children less likely to be fussy eaters. This means they will be more likely to eat fruits, vegetables and other healthy foods. This is important because a healthy diet gives them the range of nutrients, vitamins and minerals they need to grow.



[NHS Start4Life](https://www.nhs.uk/start4life) has information about weaning, healthy foods and activities for babies and toddlers



[NHS Change4Life](https://www.nhs.uk/change4life) has tips and activities for families to make healthy food swaps, recipes, snack time ideas, 10 minute shake up activities, and to download the Food Scanner to find out what’s really inside your food

[Healthy Feeding, Healthy Weight information guide](https://what0-18.nhs.uk/application/files/9415/1324/6401/CS40649_healthy_infant_feeding_Booklet_WEB.pdf) by Portsmouth and South East Hampshire NHS maternity services

**Healthy Eating**

The [Eatwell Guide](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/742750/Eatwell_Guide_booklet_2018v4.pdf) booklet illustrates the different food groups

[First Steps Nutrition Eating Well in the Early Years](https://www.firststepsnutrition.org/eating-well-early-years): information to help families choose healthy options. Explore the guides on:

* healthy snacks,
* portion sizes for tiny tummies,
* packed lunches, and
* eating well recipes.

NHS [family tips](https://www.nhs.uk/live-well/eat-well/5-a-day-and-your-family/) to eat at least 5 fruits and veggies every day, and [What to feed young children](https://www.nhs.uk/conditions/pregnancy-and-baby/understanding-food-groups/) guide

Healthy Eating [Top Tips](https://www.familylives.org.uk/advice/early-years-development/health-and-development/healthy-eating/) from Family Lives

5532 Portion Size [Poster](https://www.nutrition.org.uk/healthyliving/toddlers/new5532.html) by British Nutrition Foundation

[Understanding food labels](https://www.nhs.uk/live-well/eat-well/how-to-read-food-labels/) guide

[Healthy eating out](https://www.nhs.uk/live-well/eat-well/healthy-eating-out-tips/) guide from NHS

[Drinks and cups for babies](https://www.nhs.uk/conditions/pregnancy-and-baby/drinks-and-cups-children/) and young children information from the NHS

Food safety and hygiene: [How to stay safe](https://www.food.gov.uk/food-safety)

**Breastfeeding**

Here are some independent unbiased organisations for support with breastfeeding:

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

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

<https://abm.me.uk/>

<https://www.unicef.org.uk/babyfriendly/support-for-parents/>

**Introducing solid foods**

Introducing solid foods [video](https://www.youtube.com/watch?v=mOfE9RmJzs8)from NHS Choices

Top tips [video](https://www.youtube.com/watch?v=RWz1p7NcLVs) from Start4Life

NHS information on your [baby’s first solid foods](https://www.nhs.uk/conditions/pregnancy-and-baby/solid-foods-weaning/)

NHS information on [food allergies](https://www.nhs.uk/conditions/food-allergy/)

**Lunch Boxes**

Explore NHS ideas for a [healthier lunch box](https://www.nhs.uk/change4life/recipes/healthier-lunchboxes)

Eat Better, Start Better [practical guide for parents and carers](https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Healthy-packed-lunches-for-early-years-FACT-SHEET.pdf) on healthy packed lunches for Early Years.

15 [Easy and nutritious lunchbox ideas](https://www.bbc.co.uk/bitesize/articles/z4fmd6f) from BBC Bitesize

**Fussy Eaters**

[NHS advice](https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/) for fussy eaters

Coping with fussy eaters [advice](https://www.familylives.org.uk/advice/early-years-development/health-and-development/coping-with-fussy-eaters/) from Family Lives

Information to help with [common feeding pitfalls](https://www.childfeedingguide.co.uk/tips/common-feeding-pitfalls/) with children by the Child Feeding Guide

**Other support and information**

[Healthy Start vouchers](https://www.healthystart.nhs.uk/) information for free vitamins and healthy food for young children and pregnant women

Information, activity and recipe [ideas for parents and carers from HENRY](https://www.henry.org.uk/parents). HENRY group sessions also run across Hampshire.

[Love Food Hate Waste](https://www.lovefoodhatewaste.com/) tips and recipe ideas to help reduce your food waste

Cbeebies [Mr Bloom’s Nursery](https://www.bbc.co.uk/cbeebies/shows/mr-blooms-nursery) for ideas and tips of growing veggies, craft activities and more.