

VITAMINS AND DIET FOR BABIES AND YOUNG CHILDREN

DIET

FRUIT AND VEGETABLES:

- Give your child a variety of fruits and veggies from 6 months including them in every meal.
- Fresh, frozen, canned, or dried all work.
- Be careful with dried fruits; give them with meals to protect their teeth.
- A variety is good for different vitamins and minerals.
- Keep trying new ones even if they only like a couple.

STARCHY FOODS:

- Foods like bread, rice, and pasta give energy and nutrients.
- Don't just give wholegrain to kids under 2, as it might fill them up too much. After age 2, you can add wholegrain options to their diet.

MILK AND DAIRY:

- Breast milk the only food/drink recommended for the first 6 months, then you can start to add in other foods
- Carry on breast feeding if you can after 6 months. Use special baby formula for the first year.
- Whole cow's milk is good from age 1. Full-fat dairy has calcium and vitamins.
- After 2 years old, you can try lower-fat dairy if your child is eating a varied diet.
- Aim for 350ml of milk or 2 dairy servings a day.

CHEESE:

- Babies can eat full-fat cheese from 6 months.
- Stick to full-fat cheese for kids under 2.
- Some soft cheeses contain harmful bacteria. Check that the label says "pasturised" and then they are safe.
- Cooking soft cheese is safer.

PROTEINS:

- Kids need protein and iron to grow.
- Offer beans, tofu, eggs, or meat each day.

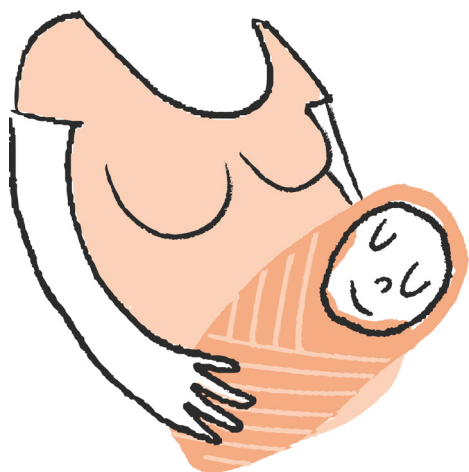
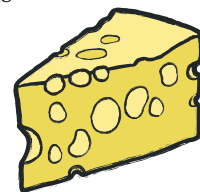
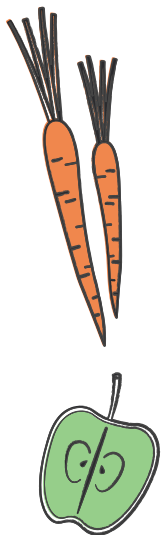
- No whole nuts for kids under 5.
- Oily fish like salmon is good once a week.

FATS:

- Kids under 2 need fat for energy and vitamins.
- Use whole milk, full-fat yogurt, cheese, and oily fish.
- After 2 years old, try lower-fat options if they're growing well.
- After 5 years old, they can eat like adults with less saturated fat.

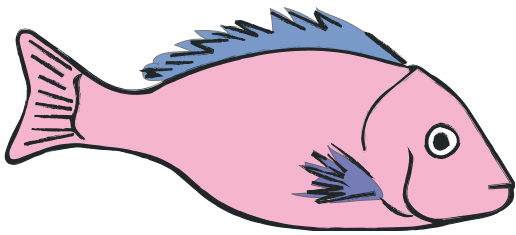
SUGAR:

- Limit added sugar to protect their teeth.
- Less sugary foods and drinks are better for young children, check labels.
- Sugary foods is okay with meals, not as snacks.
- Avoid high sugar food before bedtime.
- Avoid fizzy drinks for little ones; water or milk is better.
- No fruit juice for kids under 1; dilute it for older kids.
- Just 1 glass of fruit juice a day for kids over 5.



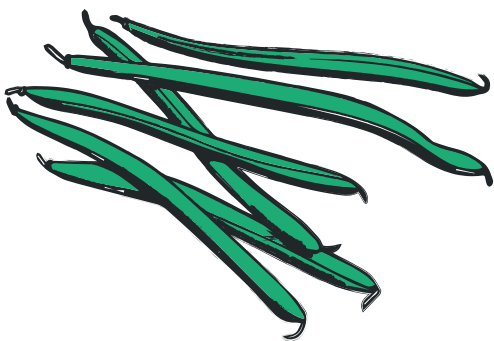
SALT:

- Don't add salt to their food. Children don't need added salt.
- Most food already has enough and too much salt can be bad for their health.
- Slowly use less salt in cooking for all the family and check food labels.



IRON:

- **Importance:** Essential for your child for healthy blood and a lack of it can lead to anaemia.
- **Sources:** Iron is found in meat and fish and is easily absorbed into the body.
- Iron is also in green vegetables, beans but you need more of these to absorb the same amount.



VITAMINS

– RECOMMENDED VITAMINS:

Children aged 6 months to 5 years should take daily vitamin supplements with vitamins A, C, and D.

- **FORMULA-FED BABIES:** Babies consuming over 500ml of formula don't need additional supplements, as formula already has vitamins A, C, and D.

- **BREASTFED BABIES:** All breastfed babies should take a daily vitamin D supplement from birth, even if the mother is taking vitamin D supplements.

VITAMIN D

- **Sources:** Limited food sources; main source is sunlight. Protect skin in the sun and continue with vitamin drops.

– Recommendations:

> BREASTFED BABIES:

8.5 to 10 micrograms of vitamin D daily.

> FORMULA-FED BABIES (500ml+ formula):

No additional vitamin D needed.

> CHILDREN AGED 1 TO 4:

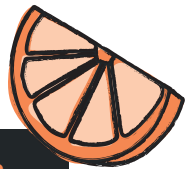
10 micrograms of vitamin D daily.

VITAMIN A:

- **Importance:** Crucial for immunity, vision, and skin health in babies and young children.
- **Sources:** Dairy, fortified spreads, carrots, sweet potatoes, mangoes, dark green veggies (spinach, cabbage, broccoli).

VITAMIN C:

- **Importance:** Essential for general health, immune system, and iron absorption.
- **Sources:** Oranges, kiwi, strawberries, broccoli, tomatoes, peppers.




SPEAK TO YOUR DOCTOR OR MIDWIFE IF YOU HAVE ANY QUESTIONS.

Information adapted from NHS website, August 2023.



FURTHER INFORMATION

 happybabycommunity.org.uk

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HAPPY BABY COMMUNITY