

Your Dietitian's Details:

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PRODUCED	LAST UPDATED	REVIEW
October 2019	May 2019	May 2021

SHARING A FAMILY MEAL



You do not need special food for your baby.

Cook one healthy meal for everyone to share.

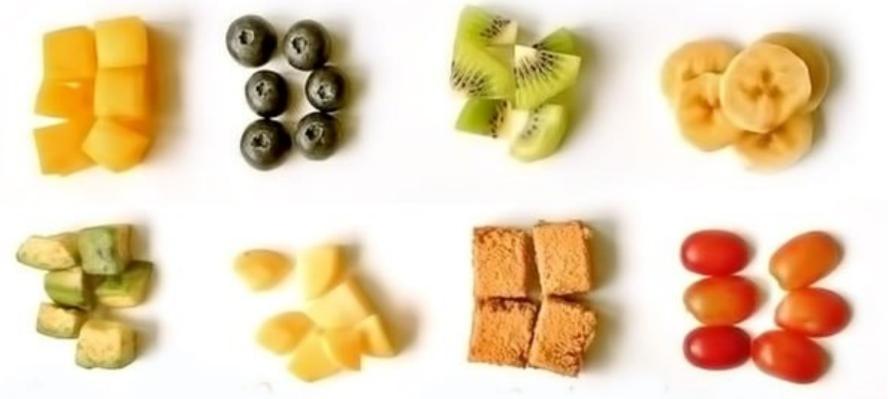


Plate Sizes

Mum	Toddler 1-4 Years	Baby 6 –12 Months
		

Picture acknowledgement to 'First Steps Nutrition Trust'.

Other Foods Your Child May Enjoy	
Rice	Rice cakes
Bread	Pancakes
Toast	Crepes
Cheese	Weetabix (cereal)
Fish	Macaroni cheese
Beans	Chicken
Banana	Egg
Fruit salad	Peppers
Broccoli	Tomato



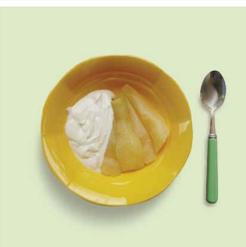
Remember to get your Healthy Start Vitamins for you and your baby. Ask your Health Visitor for more help.

MUM	TODDLER 1-4 YEARS	BABY 6-12 MONTHS
		

Banana Custard

		
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Pear and Yoghurt

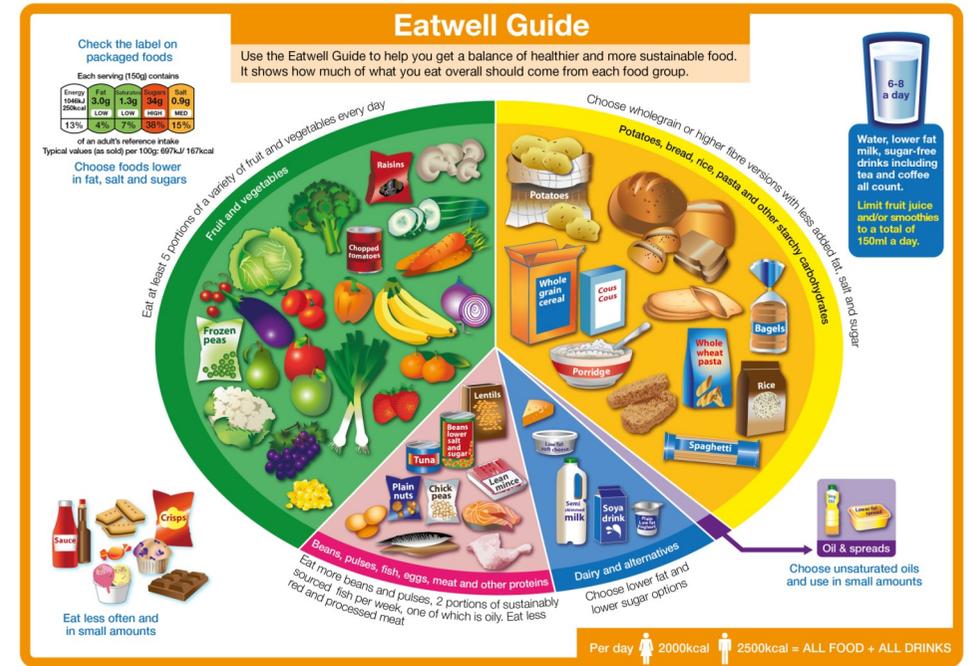
		
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Sandwich

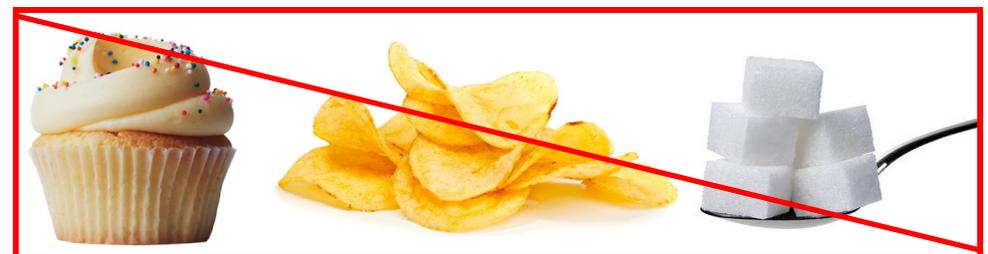
		
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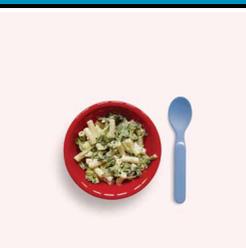
Healthy Food Choices

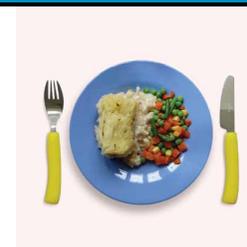
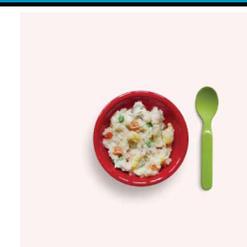
The plate shows how much of each of the different foods you should have.



Meals can have a **small** amount of **fat** or **sugar** to be healthy.



Mum	Toddler 1-4 Years	Baby 6 –12 Months
		
Soup		
		
Baked Potato		
		
Macaroni Cheese and Broccoli		
		

Mum	Toddler 1-4 Years	Baby 6 –12 Months
		
Spaghetti Bolognese		
		
Fish Pie		
		
Pitta Bread, Houmous and Raw Vegetables		
