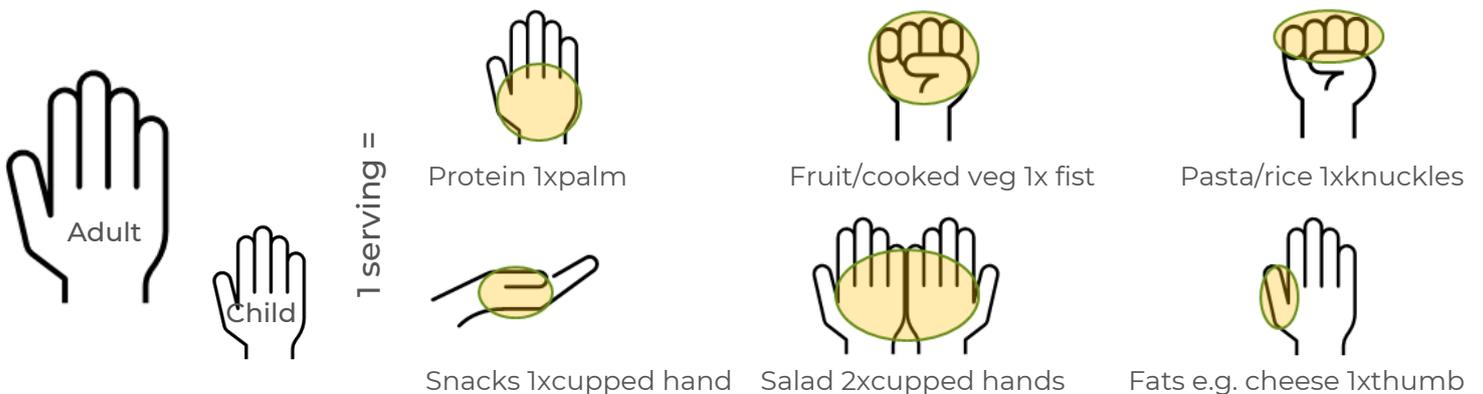




Understanding energy requirements based on age, growth & developmental needs, activity level, & health status helps knowing how to balance energy intake (food!). Energy requirements for children can be found in this [Government EatWell Guide](#). Understanding what energy & nutrients are in the food being eaten helps you match this to requirements.



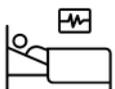
Weight is influenced by food plus activity, sleep, emotions, health conditions, medications. Elevated weight can increase risk of developing health conditions.



Food impacts our brain health such as development, focus, cognition & concentration.



Over 70% of our immune system is in our digestive tract, so what we eat can influence how well our immune system functions.



A lack of nutrients can make us unwell or at least make it harder to recover if we are poorly or injured.



Our emotions are linked to what we eat & drink plus our digestive health influences the chemicals that control our emotions.

Budget conscious? No problem!

There are some easy ways to keep the weekly food shop bill down, whilst still being able to eat healthily:

- > Frozen fruit, veg, herbs ~ just as good & often more cost effective
- > Tinned fruit & veg ~ watch for added salt or sugar though!
- > Batch cook ~ for easy go to's like chilis, curries & stews, saving time & money
- > Plan, plan, plan ~ you will save & takes the stress out of 'what's for dinner?'



10 TOP TIPS FOR HEALTHFUL EATING:



Have protein with every meal to support growth & keep you full



Wholegrains over refined grains (e.g. pasta, rice, bread, sugar) to help give you a steady release of energy



Colourful, whole fruit (2x/day) & vegetables (3+) every day to help increase fibre levels to support digestion & keep the good bugs happy



Encourage good fats such as oily fish (up to 2x servings per week), avocado or nut butter over fried or baked goods



Keep pieces of fruit or veg (e.g. sliced carrots) easily available for the 'I'm hungry' stage, keep dired fruit to meal times if possible



Cook & blend veggies up into pasta sauces or similar, smoothies can be a helpful option but avoid all fruit, try 1/2 fruit 1/2 veg plus liquids, oats etc



Show them how to make some easy things & let them try, e.g. a fruit salad or a picnic plate of food, helps to get them engaged & interested



Small food, finger food (where appropriate) & that might include foods like veggie sushi e.g. cucumber rolls etc. New to you? You try with them!



Add / top existing favourites with extra servings of fruit or veg, berries to breakfast, veg on pizzas (even part of it ~ negotiate if necessary)



Make swaps e.g. whole chicken strips for nuggets, or have 50/50 options e.g. veggie nuggets & chicken nuggets, add blitzed mushrooms or lentils to a bolognese (start with a handful & increase gradually)



Nutrition Information:

<https://www.nutrition.org.uk/nutritionscience/life.html>

Microbiome info & quizzes

<https://worldmicrobiomeday.com/>

Budget cooking:

<https://cookingonabootstrap.com/category/recipes-food/>

Spriggs Nutrition:

<https://spriggsnutrition.co.uk/>