



Essex
Wellbeing
Service

Child Healthy Lifestyles

The Eatwell Guide
& Me Sized Meals



Child Healthy Lifestyles

Session Objectives

In this session we will be covering the following:

1. The Eatwell Guide

The 5 Food groups:

- Fruit & Vegetables
- Carbohydrates
- Protein
- Milk & Dairy
- Oils & Spreads

2. What is a portion?

3. What is a serving?

How many servings should your child be having from each food group

4. Amount of servings for different ages and gender

5. Home Tasks

The Eatwell Guide

The Eatwell Guide shows you how to eat a healthy balance of foods in your diet. It makes healthy eating easier to understand by showing the types and proportions of food we need to have a well-balanced diet.

The Eatwell Guide shows how much of what you eat should come from each food group; this includes everything you eat during the day including snacks.

For a healthy balance of foods try to eat:

- Plenty of **fruit and vegetables**
- Plenty of **bread, rice, potatoes, pasta and other starchy foods**
- Some **milk and dairy foods**
- Some meat, **fish, eggs, beans and other non-dairy sources of protein**
- Just a small **amount of oils and spreads**



Portion Sizes

Once you are confident that you have a healthy balance of foods in your family's diet the next step in to ensure that the children's portion sizes are correct. These can vary due to gender and body size.

What is a serving?

A serving is a measured amount of food e.g. a slice of bread or a Weetabix.

What is a portion?

A portion is the amount of food that you choose to eat for a meal or snack

Example – if you had a sandwich at lunch time this would be 2 servings of bread which would make your portion of lunch.

The table below gives you an idea of how much is **ONE SERVING** for each of the food groups in the Eatwell plate. The information is taken from the British Heart foundation. If there is something that is not on the list, we can estimate the portion size by comparing it to something similar.

FRUIT & VEG	
Vegetables	3 heaped tablespoons
Salad (mixed)	1 dessert bowl
Whole fresh fruits (apple, pear, orange, banana etc.)	1 fruit
Medium fresh fruits (satsumas, plums, apricots)	2 fruits
Small fresh fruits (grapes, berries, cherries)	1 handful
Large fresh fruits (melon, pineapple)	1 slice
Tinned fruit in natural juice	3 heaped tablespoons
Dried fruit	1 heaped tablespoon
Fruit juice (maximum one per day)	1 small glass/carton

BREAD, RICE, POTATOES, PASTA

Breakfast cereal	3 tablespoons
Shredded Wheat, Weetabix	1
Bread	1 medium slice
Bun or roll	1 small
Pitta bread	Half normal size
Crackers	3
Crispbreads	4
Plain boiled rice	2 heaped tablespoons
Plain boiled pasta	3 heaped tablespoons
Potatoes	2 egg-sized
Crumpet	1

MILK & DAIRY

Milk (semi-skinned or skimmed)	Third of a pint (200ml)
Yoghurt	1 pot (150ml)
Cheese	Small match box (25g)
Cream cheese (low fat)	2 small match boxes

MEAT, FISH, EGGS, BEANS

Cooked lean meat	Pack of cards
Fish	2 packs of cards
Fish fingers	3
Eggs	2 medium
Baked beans	Half a large tin
Nuts or peanut butter	2 level tablespoons
Quorn, tofu or soya	Pack of cards

HIGH IN FAT AND/OR SUGAR

Low fat spread	2 teaspoons
Oil (olive, rapeseed, sunflower)	1 teaspoon
Butter	1 teaspoon
Low fat mayonnaise	2 teaspoons
Low fat salad cream	2 tablespoons
Gravy or white sauce (no fat added)	4 tablespoons

The importance of eating regular meals fyi

Try to organise the day around three regular mealtimes, this way we become accustomed to when we are going to eat and it is easier to keep kids from pestering if they know when their next meal is coming.

If we have a regular eating pattern, energy levels are more likely to remain constant and therefore it will reduce hunger and cravings.

Try to take the opportunity to sit down and eat together as it gives the chance for you **to role model healthy eating**.

Sitting down together allows the **focus to be on eating**. If the focus is on the TV or computer, you're eating without really noticing it.

It takes the brain time to register that we're full so allow time to eat your meals. The more slowly you eat, the less food you will likely want.



The Blood Sugar Cycle

If we do not have a regular eating pattern this can affect our blood sugars levels. Having foods that are high in sugar can make our blood sugar levels rise rapidly. Our blood sugar levels will then crash and will lead to sugar cravings. When children have high sugar products e.g. packets of sweets, it can start the cycle leading to them craving more sugary items.

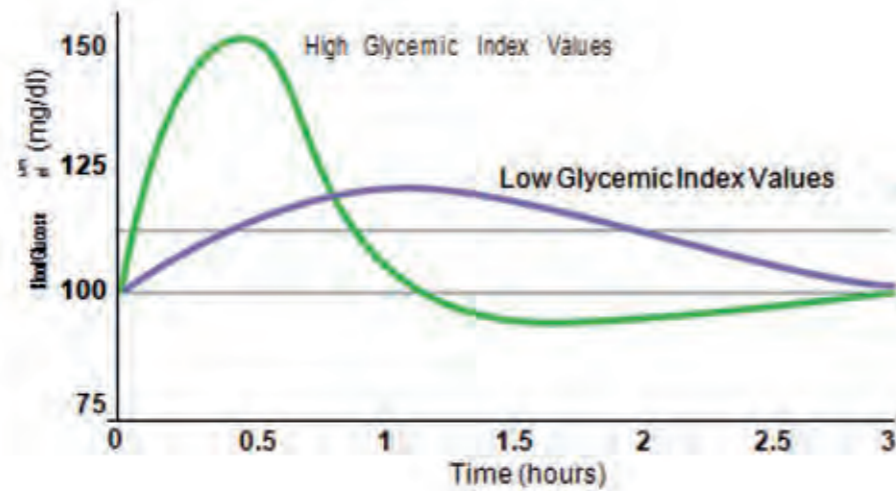


Activity 1

Please take some time to look at the portion sizes and props.

- Does anything surprise you?
- Do you feel your child may have too much of a certain food group?
- How much carbohydrate would you serve your child?
- Any observations?

The influence of the Glycemic Index on the Blood Glucose Level



Portion numbers per day for girls

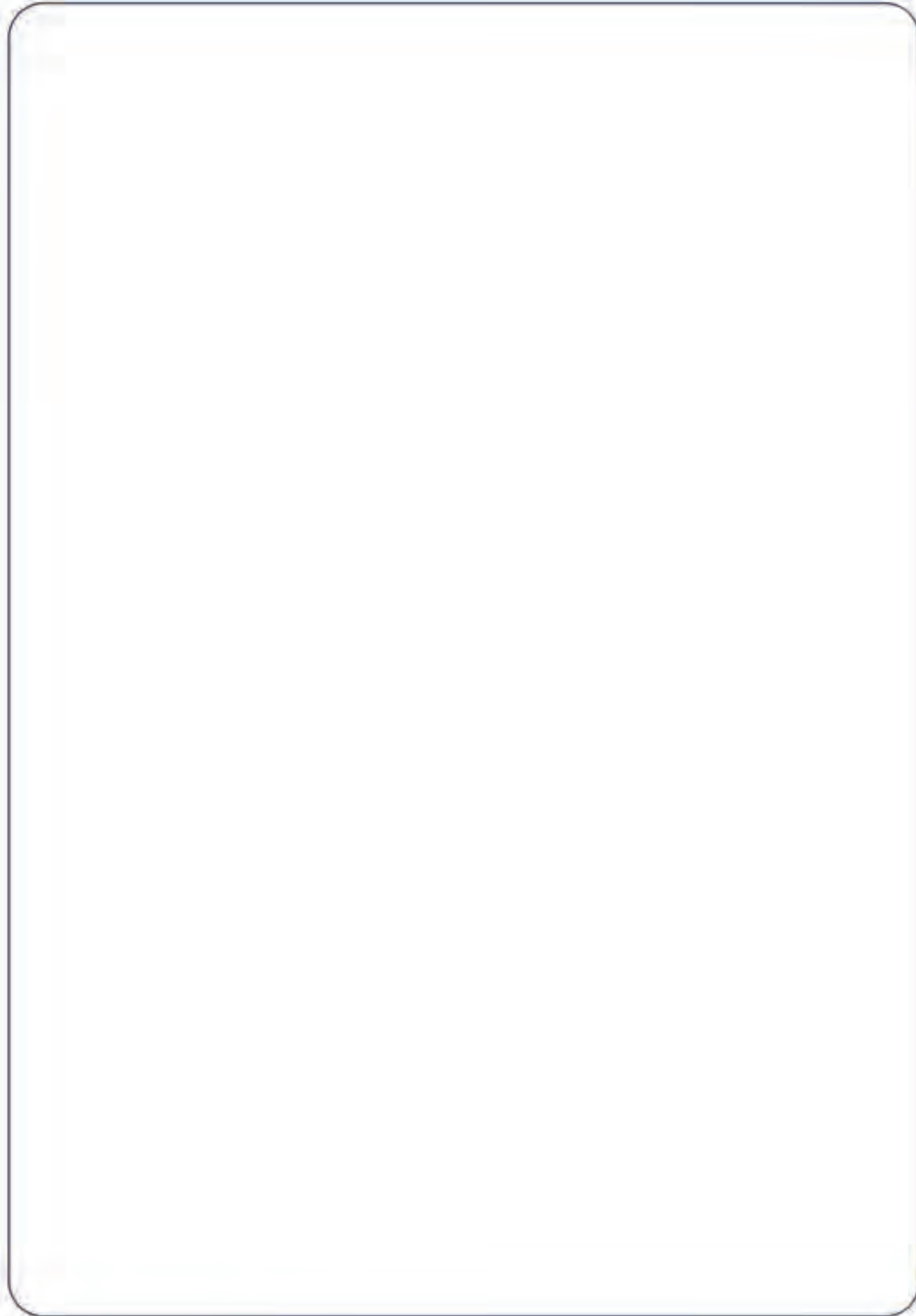
Age	Fruit & Veg	Bread, Rice, Potatoes, Pasta	Milk & Dairy Foods	Meat, Fish, Eggs, Beans	High in Fat and/or sugar	Extras
5	5+	5	2	2	1	1
6	5+	5	2	2	1	1
7	5+	5	2	2	1	1
8	5+	6	2	2	1	1
9	5+	6	2	2	2	1
10	5+	7	3	3	2	1
11	5+	7	3	3	2	1
12	5+	7	3	3	2	1
13	5+	8	3	3	2	1
14	5+	8	3	3	3	1
15	5+	8	3	3	3	1
16	5+	8	3	3	3	1

Portion numbers per day for boys

Age	Fruit & Veg	Bread, Rice, Potatoes, Pasta	Milk & Dairy Foods	Meat, Fish, Eggs, Beans	High in Fat and/or sugar	Extras
5	5+	5	2	2	1	1
6	5+	6	2	2	1	1
7	5+	6	2	2	1	1
8	5+	6	2	2	2	1
9	5+	6	2	2	2	1
10	5+	7	3	3	2	1
11	5+	7	3	3	2	1
12	5+	8	3	3	2	1
13	5+	8	3	3	3	1
14	5+	9	4	4	3	1
15	5+	10	4	4	3	1
16	5+	10	4	4	3	1

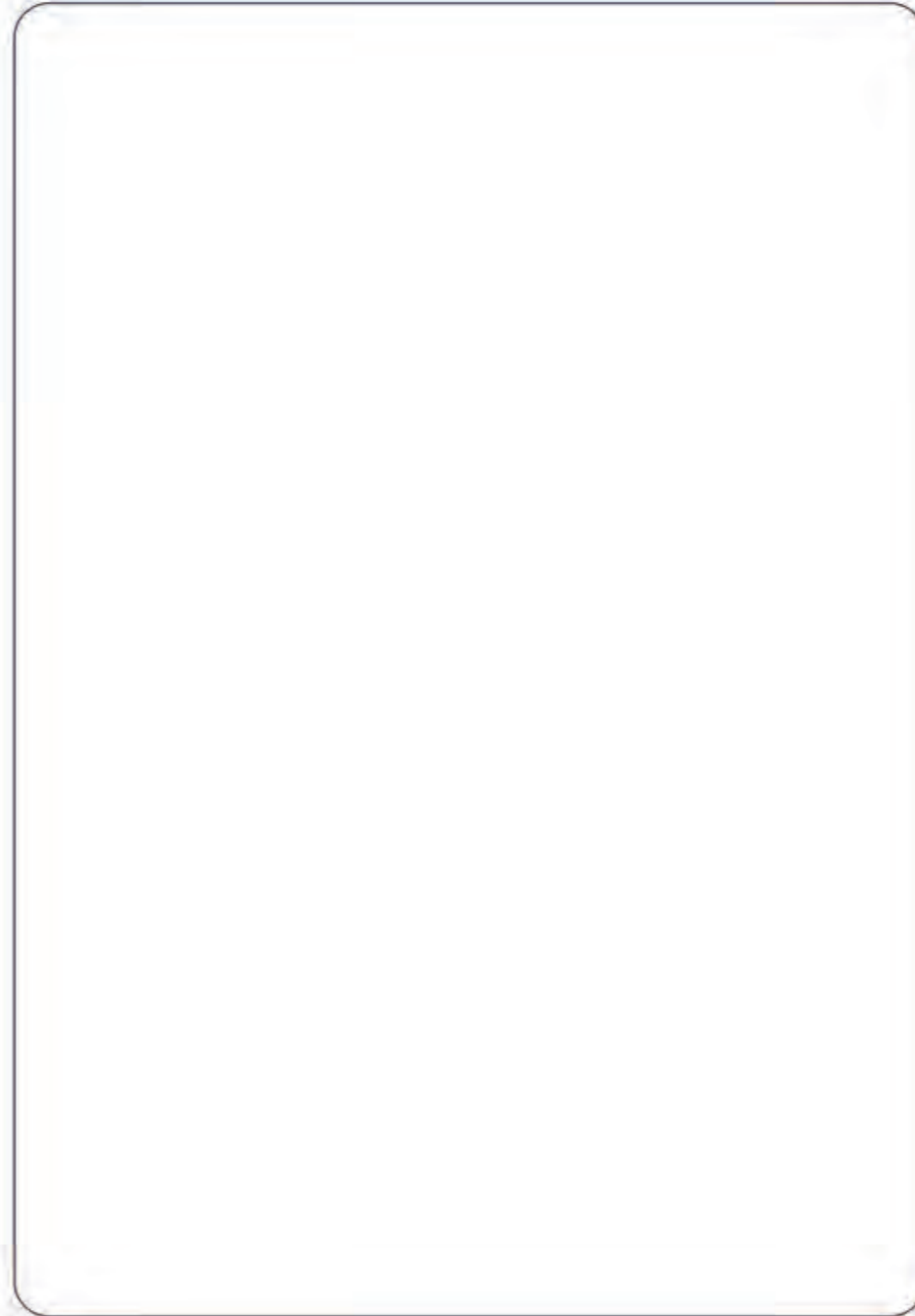
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