

# FOOD4KIDS GUIDELINES



FOR YOUNG CHILDREN AGED 1-6

UK national voluntary food and drink guidelines for early years settings propose that kids eat 4 different food groups each day: Starchy foods / Fruit and vegetables / Meat, fish, eggs, beans and non-dairy sources of protein / Milk and dairy foods

**ANH-Intl's Food4Kids Guidelines recommend 8 food groups each day for young kids**

## 8 FOOD GROUPS EVERY DAY

Percentages refer to amounts by weight (not energy contribution)



### 10 KEY POINTERS

- 1 Macronutrient composition by energy contribution (kJ or kcal) should be approximately 10% protein, 35% carbohydrates and 55% fats by energy contribution daily
- 2 Eat a 'rainbow' of different coloured vegetables and fruit every day
- 3 Avoid/minimise 'free' (added) sugars
- 4 Drink water, not soft drinks or fruit juices
- 5 Avoid drinks sweetened using non-nutritive sweeteners
- 6 Avoid all ultra-processed and refined foods
- 7 All whole grains should be gluten-free
- 8 Check for dairy intolerance and avoid dairy if intolerant
- 9 Avoid over-cooking or charring foods
- 10 Include concentrated nutrients daily

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