

# NUTRITIONAL NEEDS FOR CHILDREN

Children grow quickly and are active, so they need more energy and nutrients for their body size compared to adults. Children have smaller stomachs and often get hungry in between meals. Snacks can help them get all the energy and nutrients they need. From age 5+, base meals and snacks around the Eat Well Guide recommendations.



Children over 1 should take a 10ug supplement of vitamin D in the Autumn and Winter months. This helps to build healthy bones and muscles.



Younger children need less salt than adults (a maximum of 4g per day). Avoid adding salt when preparing food for children.

Milk and water are the best drinks for children.

Eat fruit and vegetables and carbohydrates with each meal and as snacks.

Nutritious snacks based on whole foods should be prioritised over processed snacks high in sugar or fat.

Eat only a small amount of foods high in salt, saturated fat and sugar.

Have some protein rich and calcium rich foods every day.



Sugary drinks can increase risk of tooth decay and fizzy drinks can fill children up and reduce desire for more nourishing foods.

Enjoy a portion of oily fish once a week.



# NUTRITIONAL NEEDS FOR TEENS

Young people grow and develop rapidly when they hit puberty and they need an increased amount of nutrients for these physical changes. Following the general guidelines in the Eat Well Guide will help healthy growth and development.



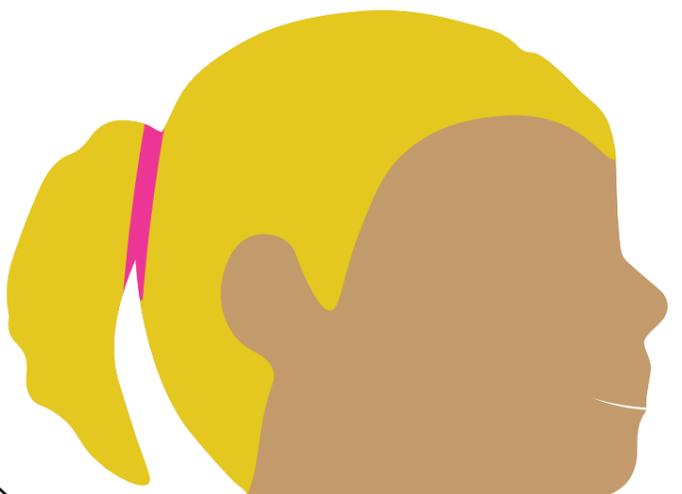
Eat only a small amount of foods high in salt, saturated fat and sugar.

Enjoy a portion of oily fish once a week.

Rapid growth means a need for increased calcium. Have some protein rich and calcium rich foods several times a day.

Calcium is found in tinned fish, nuts, beans, tofu and some dark green leafy vegetables like kale, rocket and watercress.

Calcium requirements are higher for teenagers. Eat 3 portions a day of dairy (or fortified alternatives like soy) including milk, yoghurts, and cheese in meals or as snacks.



10ug Vit. D



Teenagers should take a 10ug supplement of vitamin D in the Autumn and Winter months. This helps to build healthy bones and muscles.

Iron requirements are higher in teenagers. Good sources of iron include lentils and beans, fortified cereals, eggs, green leafy veg, wholegrains and red meat.

Eating food rich in vitamin C with some iron rich food helps to increase iron absorption. For example, a glass of orange juice with eggs or fortified cereal for breakfast, or red pepper into dishes containing meat or beans and lentils.

Eat fruit, vegetables and wholegrain starchy carbohydrates with each meal and as snacks.

# NUTRITIONAL NEEDS FOR ADULTS

A good guide to follow for an adult diet is to fill half your plate or bowl with vegetables and fruit. Divide the other half into two – fill one half with a source of protein and the other with fibre rich carbohydrates. Eat foods high in saturated fat, sugar and salt less often.

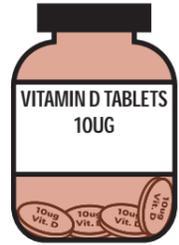
Eat less fried food.

Eat fruit and vegetables everyday with each meal and as a snack.

Choose fresh over processed foods where possible.

Look for low salt, fat and sugar options of processed foods.

Choose wholegrain versions of starchy carbohydrates like wholemeal bread, pasta, brown rice and high fibre cereals.



Adults should take a 10ug supplement of vitamin D in the Autumn and Winter months. This helps to build healthy bones and muscles.

Use herbs and spices in cooking to replace salt.

Include 2-3 portions of calcium containing foods a day like milk, yogurt, cheese and fortified plant drinks. Choose unsweetened dairy or dairy alternatives.

Switch to more sources of plant-based protein like beans, pulses, tofu and nuts.



# NUTRITIONAL NEEDS FOR THE ELDERLY

Food and drink that make up a healthy older adult's diet may need to be slightly different from a younger adult. More of some foods are needed and less of others.



Older adults should take a 10ug supplement throughout the year. As we get older, we become less able to get enough vitamin D through sunlight and diet alone.

You can get vitamin D in foods like oily fish, fortified cereals and spreads and plant milks, egg yolks, red meat and liver.

Calcium is found in tinned fish, dark green vegetables, beans and in tofu.

Dairy foods are the best source of calcium and 3 portions each day are recommended.



Older adults can be at risk of undernutrition, especially those over 65 who are living alone. Undernutrition means not having or eating enough to be healthy, and 1 in 10 older adults in the UK living alone are at risk of undernutrition. Nutrition recommendations for this group are a little different.

Look at [www.malnutritiontaskforce.org.uk](http://www.malnutritiontaskforce.org.uk) for more information.

As we get older, getting enough calcium and vitamin D in our diets can help reduce risk of fractures.

Older adults can become less physically active so portion sizes of foods high in fat and sugar may need to be smaller to consider reduced activity levels.