



honest about food
Nutrition Centre



Child Nutrition Policy

Saba Public Health Department

Youth Health Care & Health Promotion

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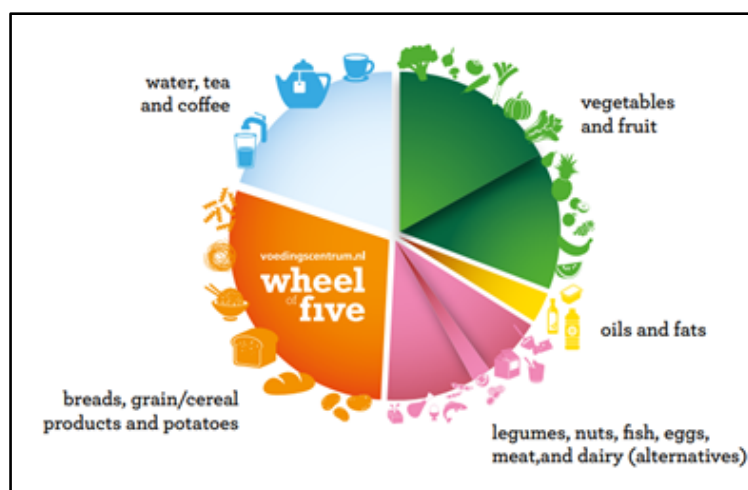
1. General

1.1 Introduction

This nutritional policy outlines the commitment to supporting the health and well-being of children aged 0–13 years old, through balanced, age-appropriate food and drink practices. We recognize the critical role nutrition plays in early development and aim to create a positive eating environment that promotes healthy habits for life. All meals, snacks, and drinks provided or consumed at childcare centers, primary school or other organizations working with children are guided by current dietary guidelines and tailored to meet the needs of growing children.

1.2 Providing Healthy Food

This nutritional policy is based on the guidelines of the Nutrition Center's Wheel of Five¹. It is important to offer children healthy food during their development and contribute positively to their development. That is why the main products offered should be from the Wheel of Five.



1.3 Healthy Eating with the Wheel of Five

The Wheel of Five consists of five sections, with different types of products in each section. According to the latest scientific insights, the products in the Wheel of Five are good for your body². If you eat according to the Wheel of Five, you will also get enough proteins, carbohydrates, fats and fibers, vitamins, and minerals. The Nutrition Center advises to eat a certain amount from each section every day. These recommended amounts differ per age and gender, because one person simply needs a little more than the other. In addition, the Nutrition Center advises to vary within the different sections.

¹ [What do we do? | Voedingscentrum](#) and [Wheel-of-five.pdf](#)

² [Fact sheet The Wheel of Five.pdf](#)

1.4 Not in the Wheel of Five

Foods not found in the Wheel of Five are foods that are not necessary, or less healthy for children.

The following products are not included in the Wheel of Five:

- Products with too much salt, sugar, trans fat or saturated fat or too little fiber. Think of butter, fatty meat, full-fat dairy products, salted nuts, white bread, and white rice or pasta.
- Products with negative health effects if you consume a lot of it. For example, deep-fried food, highly processed foods, processed meats, and drinks with a lot of sugar, such as soda and juice.
- Products that do not contribute to a healthy diet, such as cookies and sweets.

1.5 Fixed and Peaceful Mealtimes

Mealtimes should be on a fixed, predictable schedule. This creates a recognizable rhythm that gives children peace. Meals should be eaten together at the table at lunchtime and during snack time. This is enjoyable and ensures clear mealtimes. There should be a pleasant atmosphere, and enough time should be allotted for eating. Screens such as telephones, tablets or televisions should not be used during mealtimes. Adults (caregivers, teachers, coaches etc.) should set a good example at the table. It is best for adults to eat with the children or sit with them and guide them during the meal. The adult determines *when* the child eats; the child determines *what* and *how* much to eat from the healthy foods offered. Food is not forced.

1.6 Allergies or other Individual Arrangements

Allergies of a child should be considered. There is also room to make individual agreements when it is necessary to deviate from the nutritional policy, for example in the case of a diet or a certain (religious) belief. These agreements should be recorded in writing and there is no special catering in these cases.

1.7 Party Policy or Treats

Party policy

Birthday parties can be done without (edible) treats and still put the child(ren) who is/are having a birthday in the spotlight. Planning celebrations to include a variety of activities, games, and crafts that children enjoy is ideal so that food is not the main event.

For the youngest, singing, and the older children can also choose a card or draw from a box full of activities; for example, playing a game together, dancing or playing outside for longer. The whole group can enjoy that.

Treats

A birthday means a party and as such often involves a treat. But a one-year-old child is still too young to realize this. Parents are requested not to bring a treat for the group (yet) on their first birthday. This way we limit the number of treats in the group.

For older children, treats are allowed. This can be a small, cheap non-edible treat, or an edible treat. If it is an edible treat, these should be as healthy as possible. Preferably from the Wheel of Five.

Why celebrating with healthy food is important:

1. Eating habits are learned at a young age

2. Teaches kids that healthy foods can be “fun foods”
3. Sends a consistent message about healthy eating to kids.

2. Nutrition for Children up to 1 year

Babies have their own feeding schedule. Please use the following nutritional guidelines:

2.1 Drinking

Milk Feeding:

- It has been discussed with the parents whether their child will receive (expressed) breast milk or formula milk.
- Parents deliver the expressed breast milk sufficiently cooled or frozen (in small portions) to the daycare center. Provided with a sticker with name and date. The mother can come to the daycare to breastfeed her child. The daycare should ensure that there is a comfortable space where mothers can breastfeed.
- Parents should not provide prepared formula milk. During transport, even in a cool bag, the bottle feeding cannot be kept sufficiently cold.
- A child does not receive regular cow's milk until they are 12 months. Regular milk contains too few good fats and too much protein.

Other Drinks:

- In addition to breast milk or formula milk, children over 6 months are given water. An option can be lukewarm, weak green or black tea (with fruit flavor) or herbal tea, such as rooibos or chamomile without sugar. Ensure that the tea has cooled down sufficiently or mix the tea with cold water so that it is not too hot.
- Do not offer sugar sweetened drinks, fruit juice or lemonade. These drinks contain a lot of calories and sugars which increases the chance of obesity and tooth decay.

- Children should be offered drinks at designated times and encouraged to consume them in one sitting. Bottles or cups should not be given to children to carry or sip from continuously throughout the day.
- A child does not have to drink the bottle or cup completely empty. If a child does not drink the bottle or cup empty, they are simply not thirsty.

2.2 Eating

Introduction of solid food:

- First bites are offered in consultation with the parents. According to the guidelines “Nutrition and Eating Behavior for Youth Health Care”, this first bite is between 4 and 6 months. Start with the so-called fresh 'practice bites', where the food is well mashed. After the child is given bites, let them practice their oral motor skills with a spoon.
- In consultation with the parents, at 6-months of age, milk will be gradually replaced as the child starts eating more solid food.
- Children are introduced to a variety of well-mashed vegetables and fruit, possibly diluted with some cooking liquid or water. At this stage combinations of different fruits and vegetables are not yet offered, as the child first learns to get used to individual flavors. In this way, the child learns to recognize and appreciate flavors in pure form, which is good for taste development. As the child gets better at biting, they will be given small pieces of fresh fruit and vegetables instead of well-mashed.
- A child gets used to a mild taste more easily, for example the fruits to start with are pear, apple, banana, melon, and peach. The vegetables are carrots, cauliflower, peeled tomato, zucchini, beans, or broccoli. The vegetables are cooked, if necessary, in a little water without salt.

3. Nutrition for Children aged 1 to 4 years

3.1 General principles

Water:

- Give children water (with possibly a slice of orange or other fruit or vegetable), or offer lukewarm, light (fruit) tea without sugar.

Vegetables:

- To eat the recommended amount of vegetables per day it is important to offer vegetables at several times during the day.

No raw meat:

- Do not give children raw meat products, such as steak tartare, beef sausage, carpaccio, or undercooked tartare. We also do not give raw or pre-packaged smoked fish. These can contain pathogenic bacteria.

Nut butter or peanut butter without sugar and salt:

- If there is a child with a serious allergy to peanuts or nuts at the daycare, make specific arrangements about this. The arrangements are made in consultation with, and approved by, the parents, and if necessary, the child's attending physician.

Hot meal:

- Offer a hot meal for lunch following the guidelines from the Wheel of Five.

3.2 Food Choices

For children from 1 year of age offer the following food. The starting point is that mainly products from the Wheel of Five are offered.

Drinks

- Water
- Fruit tea without sugar
- Other options may include milk or plain yoghurt without added sugars

Bread and Toppings – Wheel of Five products

- Whole wheat bread
- (Seasonal) fruit**, mashed or cut into small pieces, such as banana, apple, strawberry
- (Seasonal) vegetables*, such as tomatoes, avocado, carrots, and cucumber, in slices/small pieces or a vegetable spread without salt and sugar.
- (Light) dairy spread or cottage cheese
- Hummus with less than 0.5 grams of salt per 100 grams
- Egg
- Nut paste or peanut butter without salt and sugar*

Snacks (In between in the morning and in the afternoon)

- (Seasonal) fruit**, such as pieces of apple, pear, banana, kiwi, grapes***, melon, strawberry, mandarin.
- (Seasonal) vegetables**, such as pieces of carrots, cucumber, bell pepper, cherry tomatoes*** or lesser-known varieties such as avocado, radish and daikon or pieces of cooked vegetables such as pumpkin, zucchini and parsnip or florets of steamed cauliflower or broccoli.
- Whole wheat crispbread, whole wheat bread, whole wheat muesli bread.

Hot Meal

Below you will find what and how much you can give as a hot meal.

The meal contains per child

- At least 50 grams of vegetables without sugar or salt
- At least 50 grams of cooked whole wheat or brown grain products or 1 potato, without salt
- 50 grams of fish or 30 grams of legumes or max. 50 grams of meat^c or max. 1 egg, whereby these products meet the criteria for the Wheel of Five
- 1 tablespoon margarine, liquid baking and frying oil or oil for preparation.

* Explanation is described in the general principles.

** See [Q&A](#) on the website of the Nutrition Center about seasonal fruit and vegetables.

Children are open to new flavors, especially up to the age of 1.5–2 years. So, offer a lot of variety in vegetables/fruit to learn to accept multiple flavors.

*** We advise to halve these to prevent choking. See [Q&A](#) on the website of the Nutrition Center about what else you can do to prevent choking.

3.3 Average Quantities and Portions

The table below shows the average daily food intake of children for the 1–3–year–old age group. This is the amount of daily food that children need to get all the nutrients. This includes the food and drink that children get at home in the morning and evening. The amounts are averages and serve as a guideline for pedagogical professionals. Amounts can be adjusted to the needs of each child.

	Age 1–3 years – Boys and Girls
grams vegetable ^a	50–100 grams
portions of fruit	1.5 portions
brown or whole wheat sandwiches	1–2
serving spoons whole grain products or potatoes ^a	1–2 serving spoons
portions of fish, legumes or meat ^{b, c}	1 portion
gram nut butter without added sugar and salt	15 grams
portions of dairy	2 portions (= 300 ml/grams)
grams of cheese	–
grams of spreading and cooking fats	30 grams
liter of fluid	1 liter

^a If children eat more vegetables, grain products or potatoes than the minimum stated with the hot meals, ensure larger quantities are offered.

^b Vary **every week** with 50 grams of fish, half a ladle of legumes, max. 250 grams meat and 1–2 eggs.

^c If the child has already had meat(products) at our daycare at another time during the day, offer less than 50 grams of meat per child with the hot meal.

^d The uncooked weight is lower because grain products absorb water during cooking.

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4. Nutrition for Children aged 4 to 13 years

4.1 General Principles

Water:

- Give children water (with possibly a slice of orange or other fruit or vegetable), or offer lukewarm, fruit tea without sugar.

Vegetables:

- To get the recommended amount of vegetables per day it is important to offer vegetables at several times during the day.

No raw meat:

- Do not give children raw meat products, such as steak tartare, beef sausage, carpaccio, or undercooked tartare. We also do not give raw or pre-packaged smoked fish. These can contain pathogenic bacteria.

Nut butter or peanut butter without sugar and salt:

- If there is a child with a serious allergy to peanuts or nuts, make specific arrangements about this. This is in consultation with, and approved by the parents, and possibly the child's attending physician.

Hot meal:

- Offer a hot meal for lunch following the guidelines from the Wheel of Five.

4.2 Food Choices

For children aged 4 and up, use the following food range. The starting point here is that mainly products from the Wheel of Five are offered.

Drinks

- Water
- Light (fruit) tea without sugar
- Semi-skimmed milk, buttermilk, or low-fat yoghurt drink without added sugars

Bread and toppings – Wheel of Five Products

- Whole wheat bread or brown bread
- Soft margarine or half-fat margarine from a tub
- (Seasonal) fruit**, such as banana, apple, strawberry
- (Seasonal) vegetables**, such as sliced tomatoes, avocado, carrots, and cucumber or a vegetable spread without salt and sugar
- (Light) dairy spread or cottage cheese, 20+ or 30+ spreadable cheese, soft goat's cheese, 30+ cheese
- Hummus with less than 0.5 grams of salt per 100 grams
- Egg
- Nut paste or peanut butter without salt and sugar*

Snacks – In between in the morning and in the afternoon (after school)

- (Seasonal) fruit**, such as apple, pear, banana, kiwi, grapes, melon, strawberry, mandarin.
- (Seasonal) vegetables**, such as carrots, cucumber, bell pepper, cherry tomatoes, or lesser-known types such as avocado, radish and daikon.

Or pieces of cooked vegetables such as pumpkin, zucchini and parsnip or florets of steamed cauliflower or broccoli.

- 1 brown or whole wheat sandwich.
- 1-piece whole wheat crispbread, whole wheat currant bread, whole wheat muesli bread, muesli bun, rye bread.
- A small handful of unsalted nuts.
- A handful of dried fruit, such as raisins.

* If there is a child with a serious allergy to peanuts or nuts, make specific arrangements about this. This is in consultation with, and approved by the parents, and possibly the child's attending physician.

**See [questions & answers](#) on the Nutrition Center website about seasonal fruit and vegetables.

Hot Meal – 4 to 9 years

Below you will find what and how much you can give as a hot meal.

The meal contains per child:

- At least 100 grams of vegetables without sugar or salt
- At least 100 grams of cooked whole wheat-or brown grain products or 2 potatoes, without salt
- 50 grams of fish or 60 grams of legumes or max. 50 grams of meat ^c or max. 1 egg, whereby these products meet the criteria for the Wheel of Five
- 1 tablespoon liquid margarine, liquid baking and frying oil or oil for preparation.

Hot Meal – 9 to 13 years

Below you will find what and how much you can give as a hot meal.

The meal contains per child:

- At least 150 grams of vegetables without sugar or salt
- At least 150 grams of cooked whole wheat or brown grain products or 3 potatoes, without salt
- 100 grams of fish or 60 grams of legumes or max. or 100 grams of meat ^c or max. 1 egg, whereby these products meet the criteria for the Wheel of Five
- 1 tablespoon liquid margarine, liquid baking and frying oil or oil for preparation.

4.3 Average Quantities and Portions

The table below shows the average daily food intake of children per age group. This is the total daily food that children need to get all the nutrients, including the food and drink that children get the rest of the day at school and at home. The amounts are averages and serve as a guideline for pedagogical staff and parents. The amounts can be adjusted to the needs of each child.

	4–8 years	9–13 years	
	Boys and Girls	Boy	Girl
gram vegetables	100–150 grams	150– 200	150–200 grams
portions of fruit	1.5	2	2 portions
brown or whole wheat bread slices	2–4	5–6	4–5
serving spoons of whole grain products or potatoes	2–3	4–5	3–5 serving spoons
portions of fish, legumes or meat*	1	1	1 portion

grams of unsalted nuts	15	25	25 grams
portions of dairy	2	3	3 portions
grams of cheese	20	20	20 grams
grams of spreading and cooking fats	30	30-45	30-40 grams
liter of fluid	1-1.5	1-1.5	1-1.5 liters

When a hot meal is offered, vary every week with:

	4-8 years	9-13 years	
	boy and girl	boy	girl
gram fish	50-60	100	100
serving spoons legumes	1-2	2	2
gram meat	max. 250	max. 500	max. 500
eggs	2-3	2-3	2-3

5. Food Hygiene: Preparing and Storing Food

Children's food must be handled safely to prevent illness. When preparing and storing food use the following points of attention.

5.1 Bottle feeding and Breastfeeding

Preparation:

- The children's bottles are provided with a name.
- The expressed breast milk is labeled with name and date.
- Clean and sanitize the workplace beforehand and wash our hands with soap and water.
- Prepare the bottle feeding per bottle, as much as possible, rather than in advance.
- Heat the prepared bottle or expressed breast milk in au bain-marie, in a bottle warmer, or in the microwave on the lowest setting.
- When heating in the microwave, rotate the bottle at intervals to distribute the heat well. Do this again when the milk is at temperature.
- Do not let the milk get warmer than 30–35 °C (drinking temperature). This is especially important for breast milk, because the protective substances break down if the milk gets too warm.
- Test the temperature with a milk drip on the inside of the wrist to ensure it is not too warm.

Cleaning:

- Throw away any milk left over after feeding.
- Immediately after drinking, rinse the bottle and teat with cold water.
- Wash the bottle and teat in hot soapy water with a bottle brush or in the dishwasher on a long wash program at a minimum of 55 °C.

- Leave the bottle and teat upside down to air dry on a clean, dry cloth.

Storage:

- Breastfeeding: as soon as possible, place cooled breast milk in the bottom of the refrigerator. Store it in the refrigerator for a maximum of 2 days, or in the freezer for a maximum of 3 months.
- Bottle feeding: if the bottle is prepared in advance, place it in the refrigerator immediately after preparation. The bottle can be stored in the refrigerator for a maximum of 8 hours, after which it should be thrown away.

5.2 Other Food

Personal Hygiene

- The children wash their hands with soap and water before eating and after using the toilet.
- The pedagogical staff wash their hands with soap and water before eating and preparing food, after touching raw meat and raw vegetables, after using the toilet and after changing diapers.

Preparation:

- Ensure the countertops, utensils and cutting boards are clean and sanitized.
- Wash fresh vegetables, fruit, and herbs to remove dust and dirt.
- Defrost frozen products covered in the refrigerator or in the microwave on defrost setting.
- Keep raw products separate from prepared food.
- Heat certain food thoroughly, especially meat, chicken, eggs, and fish.
- Do not use raw eggs in dishes that are not heated.
- Thoroughly reheat leftovers.
- Stir the food several times while heating it in the microwave to ensure a consistent safe temperature.
- If food is delivered by an outside caterer, ensure that the food remains at safe temperatures until it is served.

Storage:

- Label food packaging with stickers to indicate the date the product was opened. Close packaging immediately after use. Use sealable

containers to protect food from drying, bacteria and harmful substances.

- We put perishable products, such as dairy and meat products, back in the refrigerator (4 °C) immediately after use.
- Divide leftovers into smaller portions, let them cool and put them in the fridge within 2 hours. We store leftovers in the fridge for a maximum of 2 days. Label containers appropriately.
- We store jugs of water with fruit/vegetables/herbs covered in the refrigerator.
- If a product says 'Keep Refrigerated' then it belongs in the refrigerator. Products with the storage advice 'keep cool' are stored in a dark space at a temperature of 12 to 15 °C.
- Only use products that have exceeded their 'best before' date if the packaging is undamaged and the appearance, smell and taste of the product are good. Discard products when the 'use by' date, or expiration date has passed.

6. Summary of main nutrition requirements

It is important to provide children with healthy food and thus contribute positively to their development. The nutritional requirements lay down how food and hygiene should be dealt with by organization working with children, and what should be offered to the children.

Nutrition

1. Employees and parents are informed about the policy and agreements regarding food (food and drink) at the organization.
2. During every eating and feeding moment, sufficient time is taken to sit down while eating and no screens such as telephones, tablets or televisions are used.

3. Adults (caregivers, teachers, coaches etc.) lead by example: they guide the children and demonstrate healthy eating behavior in the presence of the children.
4. Recommended portions are adhered to through positive stimulation with attention to when children have had enough (feeling of satiety). No food is forced.
5. Water is available all day. For example, chilled water, infused water with fruit, vegetables or herbs without sugar or (cold) tea without sugar.
6. Fruit is offered daily. For example, fresh or from the freezer without added sugar.
7. A varied warm meal is offered daily.
 - Warm meals contain vegetables daily. For example, fresh, from the freezer or from a jar or can without added salt and sugar.
 - Warm meals contain whole grain products, unless in exceptional circumstances when these products are not available on island. For example, brown rice, whole wheat pasta or whole wheat couscous.
8. Healthy snacks offered fall within the Wheel of Five. For example, vegetables, whole wheat bread with toppings, whole wheat crackers, yogurt (without fruit flavor/added sugars), dried fruit or a homemade popsicle (without added sugar).
9. Allergies and food intolerances of children are considered. Agreements about this are recorded in writing.

Food Hygiene

1. For the safe and hygienic preparation and storage of breast milk, the guidelines are followed.
2. For the safe and hygienic preparation and storage of bottle feeding, the guidelines are followed.

3. For the safe and hygienic preparation and storage of other food, the guidelines are followed.

Appendix One: Do's and Don'ts of Bread and Toppings



Do's!	Why?
Whole wheat bread or brown bread.	This contains a lot of fiber. Fiber is necessary for good bowel function and digestion. Whole wheat bread contains the most fiber.
Soft margarine and from the age of 4 margarine or half-fat margarine.	Young children often don't eat enough of the good unsaturated fats. That is why we always spread a little soft margarine on bread for children up to 4 years old. Soft margarine from a tub contains a lot of good unsaturated fats. On the label you can see how much fat a tub of soft margarine or half-margarine contains. For children up to 4 years old, choose the one with the most fat.
Vegetables and fruit, mashed or cut into small pieces.	Vegetables and fruit are always a healthy choice: they are full of vitamins, minerals, and fibres. Vegetables or fruit on bread is a healthy alternative to sweet toppings. Think of slices of banana, strawberry, apple, pear, tomato, cucumber or bell pepper, or a

homemade [vegetable spread](#) . Or give a vegetable soup (without salt) for lunch.

Savory lean topping, such as egg, cottage cheese, (light) dairy spread, nut butter or peanut butter with 100% nuts or peanuts without added salt or sugar, fish, homemade hummus, or bean spread without salt. This spread contains protein, vitamins, and minerals.

In moderation**Why?**

Sweet toppings, such as fruit sprinkles, apple syrup and (halva) jam.

Sweet spreads are not in the Wheel of Five. They contain a lot of (added) sugar. Honey should only be given from the age of 1, because it can be contaminated with a bacteria that can make young children very ill.

Less fatty and less salty meats such as chicken fillet, cooked ham, and turkey fillet.

Meat products are processed meat and are not included in the Wheel of Five. Lean and less fatty meat products are preferred over fattier and saltier varieties.

Don'ts**Why?**

Sweet toppings with lots of added sugars and/or lots of saturated fat. Especially the chocolate varieties, such as chocolate spread.

This type of sweet spread provides a lot of sugar and unhealthy saturated fat. It is best to limit intake.

(Spread) liver sausage.

(Spread) liver sausage contains a lot of vitamin A. Too much of it can be harmful to children. For example, too much intake can lead to headaches, nausea, dizziness, and fatigue. For children under 4 years old, we therefore advise against giving (spread) liver sausage and pate on sandwiches. For children over 12 years old and adults, (spread) liver sausage and pate are [weekly choices](#). The safe amount per day slowly increases with age. The safe amount for adults is 3,000 micrograms per day.

Raw meat products, such as steak tartare, beef sausage, carpaccio, or undercooked tartare. Raw or pre-packaged smoked fish.

This may contain pathogenic bacteria that causes illness. Young children are extra sensitive to this.

Regular (spreadable) cheese.

Regular (spread) cheese contains too much salt. The kidneys of young children cannot handle much salt. Cottage cheese and (light) dairy spread can be given.

Appendix Two: Do's and Don'ts of Drinking



Do's!

Water (possibly with a slice of orange or cucumber). For a change: weak or diluted lukewarm (fruit) tea without sugar.

Why?

Water and tea do not contain sugar, and therefore no calories. That makes water and tea the very best thirst quenchers! Regular (black) tea and green tea do contain caffeine. Therefore, do not give more than 1 to 2 cups of black or green tea. If the tea is diluted with water or is very weak, you can give it a little more often. *Herbal teas such as rooibos, mint and chamomile do not contain caffeine.*

Do not give children under 1 year of age tea containing cinnamon, fennel or anise, and no more than 1 cup of licorice tea per day.

Milk during breakfast and lunch: skimmed or semi-skimmed milk or buttermilk (for children from 1 year). Skimmed or semi-skimmed yoghurt (also for children between 6 months and 1 year, a little in addition to breast milk or follow-on milk).

Children aged 1 to 4 years need an average of about 300 milliliters of milk (products), for example 2 cups of semi-skimmed milk and a bowl of semi-skimmed yogurt.

Don'ts

All sweet tasting drinks.

If children learn at a young age to drink mainly sweet drinks, you increase the chance that they will drink too much soda and fruit juice later. Moreover, most sweet-tasting drinks contain a lot of calories

and fruit acids that are not good for the teeth. Extra added vitamins do not make these drinks better.

Additional points of attention

Juice concentrate and lemonade.	Juice concentrates may seem healthy, especially if the label says: 'made from pure pressed fruit, without added sugars'. But they often contain a lot of sugar and are not healthy. It does not matter whether the sugar comes from apple juice concentrate, concentrated pure fruit juice or cane or beet sugar, it is all sugar. Too much sugar can lead to obesity and tooth decay. That is why lemonade is also not a good choice. Help the children maintain a healthy weight and give them something else to drink, such as water or lukewarm tea.
Diet drinks.	Diet drinks often contain fruit acids, which are not good for your teeth. Diet drinks are a better choice than regular soda, lemonade, and juice with sugar because they contain a lot of calories.
Flavored milk and dairy drinks with a sweet taste, for example chocolate milk.	These drinks do contain good nutrients such as calcium, but also contain a lot of added sugar and therefore a lot of calories. Therefore, only give these drinks in exceptional cases.
Sweet drinks with extra vitamins.	Children do not need extra vitamins (except for vitamin D) if they otherwise eat healthily. So do not be misled: if a sweet drink is labelled 'with extra vitamin C', for example, this is not automatically a healthy product.
Cinnamon tea, fennel tea. Limit licorice tea	As a precaution, do not give children under 1 year of age tea with cinnamon, fennel, or anise, and no more than 1 cup of licorice tea per day. This is because of the plant toxins that can be contained in it.

Not necessary

Special toddler, growth, or infant milk

It is not bad for them, but with a varied diet children get all the necessary nutrients, so they do not need it. [More information](#) about this topic can be found on the website of the Nutrition Center.

Appendix Three: Do's and Don'ts of Snacks



Do's!

Fruit, such as apple, pear, banana, kiwi, grapes, melon, strawberry, mandarin. Vegetables, such as carrots, cucumber, bell pepper, cherry tomatoes, radish or radishes. Or blanch pieces of vegetables that you cannot eat raw, such as zucchini or broccoli.

Why?

It is important that children eat enough fruit and vegetables every day, because of the fibers, vitamins, and minerals. Snacking is a perfect moment to contribute to this.

In moderation

Rice cakes, currant bun, bread stick, (whole wheat) breakfast cake, ladyfingers, cinnamon rusk, (whole wheat) biscuit, or piece of sponge cake.

Why?

Young children do not need snacks. If you want to give something in between meals, give something from the Wheel of Five.

If you still want to give something that is not in the Wheel of Five, keep it small. Pay attention to the amount of fat, sugar, and salt. And if it contains a lot of fiber, that's great!

Don'ts

Snack food with a lot of calories, sugar, fat, and salt.

Why?

Make sure you give your children something that is appropriate for their age. For example, a stroopwafel is a meal for a toddler in terms of calories but provides too few good nutrients. Special children's biscuits are often packed per 2, so give only 1 and give the other the next day. For

example, if you give chips, cake, or cookies, give a very small amount, such as 3 chips or a quarter of a cookie.