

EYFS Nutrition Guidance

Checklists for ages 1-5 yrs



Fruit & vegetables

At least one portion of fruit or vegetables is provided for breakfast, lunch and dinner each day	
Fruit and vegetables are provided as part of some snacks across the week	
A variety of fruit and vegetables are used across the week	
Baked beans are only used as a vegetable once a week	
Any tinned fruit used is tinned in juice not syrup	
Dried fruit is not used as a snack	
Avoid added salt and sugar in tinned vegetables and pulses and chose no added salt or sugar options or those tinned in water	

Dairy and plant-based alternatives

3 portions of milk and unsweetened dairy foods are provided each day (this includes those provided at home)	
Non-dairy alternatives that are unsweetened and fortified are provided	
Full fat dairy foods are provided to those under the age of 2. After this age lower-fat dairy options are gradually introduced	
Sweetened yoghurts and fromage frais are not provided	

Protein

A portion of protein is provided for lunch and dinner each day	
A variety of protein sources are provided across the week at lunch and dinner	
1 lunch and 1 tea uses beans, lentils, pulses or a meat alternative as the protein source	
Children following a vegetarian or vegan diet are provided with a range of protein sources such as beans, pulses and meat alternatives each	
Oily fish is provided as part of lunch or tea at least once every 3 weeks but never more than twice a week	
Each week only 1 processed meat product, 1 processed fish product and 1 product made from meat alternative is provided maximum	

Drinks

Children have access to water throughout the day	
Fresh tap water and plain milk are the only options provided	
Whole milk, semi-skimmed cow's milk or unsweetened calcium fortified non-dairy alternatives are provided to children	
Skimmed and 1% milk are not provided	
Sugar drinks including fruit juices, squash and smoothies are not provided	

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Starchy carbohydrates

A portion of starchy food is provided at breakfast, lunch and dinner each day	
Plain starchy food is provided as part of at least one snack each week	
At least 3 different types of starchy foods are provided across the week	
A variety of wholemeal and white starchy foods are provided across the week	
Wholegrain starchy foods are provided for at least 1 breakfast, 1 lunch and 1 dinner each week	
Breakfast cereals are chosen with the lowest sugar and salt content and classified as green for these elements on the traffic light labels	
Salt in bread products is limited, using only products labelled green or amber for salt on the traffic light labels	
Starchy foods that have been fried are only provided once per week	
Tinned pasta in sauce is limited (and no added sugar options are used when provided)	
Cereals covered in chocolate or labelled as red for sugar content are	
Flavoured dried rice, pasta and noodle products are not provided	

Other

Foods high in saturated fat, salt and/or sugar like cakes, sweet and savoury pastries, crisps, biscuits, chocolate and other confectionary are not provided	
Artificial sweeteners are avoided and not provided to children	
Children 1 year old and over have having breakfast, lunch (2 dishes), dinner (2 dishes) [this could be main and side, or starter and main] and 2-3 snacks per day	
Menus are planned to cover 1-4 week rotations and the same food is not provided on the same day so children who attend on set days get a varied menu	
Menus are shared with parents/carers (along with allergen information) so they can balance the food they provide at home with what's being provided at the setting	
Parents are discouraged from bringing in birthday cakes or celebration foods	