# A healthy balanced diet for children

| Food group | Examples of food included | Main nutrients provided | Recommended serving |
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| Fruit and vegetables | Fresh, frozen, canned, and dried fruit, vegetables, and pulses | Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre | **At least 5 portions each day** Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks |
| Potatoes, bread, rice, pasta and other starchy carbohydrates | Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals | Carbohydrate, fibre, B vitamins and iron | **4 portions each day** Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day |
| Dairy and alternatives | Milk, cheese, yoghurt, fromage frais | Protein, calcium, and vitamin A | **3 portions each day** Provided as part of meals, snacks and drink |
| Beans, pulses, fish, eggs, meat and other proteins | Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts | Protein, iron, zinc, omega 3 fatty acids, vitamins A and D | **2 portions each day** Provide a portion as part of lunch and tea (two to three portions for vegetarian children) |

Department for Education