

Oatmeal is 100% whole wheat. Good to eat for breakfast



Extra low-fat milk provides strong bones – one glass at each meal is suitable

Water is the best drink when you are thirsty



Fibre provides a good feeling of having had enough to eat



OUR TABLE IS LAID WITH

Varied food offers. Then children learn about different tastes.

No more than three hours between each meal. The smallest children may need food more often.

Sandwich spreads that can be on the table once or twice a week



Fruit and vegetables keep children well – cut them up in pieces, then they eat more

Fruit and vegetables shall be served at each meal



Sandwich spread of cold cuts, fish or chicken provides many good proteins



Eggs are healthy and give high-quality protein

White cheese provides calcium and good protein



Sprett brown cheese and whey cheese are iron enriched



Soft margarine provides good fat substance



The plate model is a good way of putting together a good meal:

- 1/3 vegetables, fruit
- 1/3 fish, meat, eggs
- 1/3 whole-wheat bread, crispbread

Many good fish sandwich spreads come in cans



Liver paste is a good source of iron

Fish gives intelligent children – always remember 2 types of fish sandwich spread on the table

