

Babies and children need
5 portions of fruit or veg
per day. One portion
is about 30-40g.



Always choose full fat
dairy products for your
baby until they're at
least 2 years old.



Generally, babies will
eat if they're hungry. So
if they refuse, they've
probably had enough.



Good sources of iron: red meat,
poultry, fish, eggs, pulses and
green leafy vegetables.