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.

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.

Do's and Don'ts of Drinking

Do's!	Why?
Water (possibly with a slice of orange or cucumber). For a change: weak or diluted lukewarm (fruit) tea without sugar.	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.

Do's and Don'ts of Snacks

Do's!	Why?
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.	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	**Why?**
Rice cakes, currant bun, bread stick, (whole wheat) breakfast cake, ladyfingers, cinnamon rusk, (whole wheat) biscuit, or piece of sponge cake.	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	**Why?**
Snack food with a lot of calories, sugar, fat, and salt.	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.