

Life stages The Eatwell Guide



- When choosing food and drinks, current healthy eating guidelines should be followed.



The Eatwell Guide

- Comprises 5 main food groups.
- Is suitable for most people over 2 years of age.
- Shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.
- Shows proportions representative of food eaten over a day or more.

The key stages in life include:

- pregnancy;
- toddlers;
- childhood;
- adolescence;
- adulthood;
- older adulthood.

Energy and nutrient requirements change through life and depend on many factors, such as:

- age;
- sex;
- body size;
- level of activity;
- genes.

To find out more, go to:
<https://bit.ly/2QzUMfe>

Babies

On average, 100g of breast milk provides:

- 289kJ (70kcal) energy
- 1g protein
- 4g fat
- 7g carbohydrate
- 25-35mg calcium

Breast milk provides all the energy and nutrients a baby needs for growth and maintenance during the first 6 months of life.

Toddlers

Supplements of vitamins A, C and D in the form of drops are recommended for children aged from 6 months to 5 years. This is particularly important if they do not eat a varied diet. For some, these are available free via the Healthy Start scheme.

Semi-skimmed milk (as a main drink) can be gradually introduced when the child reaches 2 years if they are having a healthy, varied diet; but 1% or skimmed milk should not be given as a main drink until the child reaches 5 years.

Young children should not be given whole nuts (risk of choking) and deep sea fish such as shark, marlin and swordfish (potential for high mercury levels).

For more information on nutrition in toddlers, [click here](#).

Children

Children have a higher energy requirement for their body size compared to adults because they are growing rapidly and are often very active.

A nutrient-dense diet providing adequate energy and nutrients, which includes healthy snacks, is essential for growth and development. It is also important for children to have sufficient to drink.

Young children also have small stomachs so they need to eat small and frequent meals.

Children's diets from the age of 5 should be based on the principles of the Eatwell Guide and include plenty of starchy carbohydrates, fruit and vegetables, and some protein and dairy foods. For more information visit [Children - British Nutrition Foundation](#)

Adolescence is a period of rapid growth and development and is when puberty occurs. The demand for energy and most nutrients are relatively high.

- Boys need more protein and energy than girls for growth.
- Girls need more iron than boys to replace menstrual losses.

It is important to encourage an active lifestyle with a healthy, balanced diet during this time. This is because good habits practised now are likely to benefit their health for the rest of their lives.

For more information visit [Teenagers - British Nutrition Foundation](#).

Older adults is the term usually referring to people over the age of 65.

Requirements for energy gradually decrease after the age of 65 as activity level falls.

For more information, visit [Older people - British Nutrition Foundation](#).

Older people may eat less for different reasons, for example:

- difficulty in chewing and swallowing;
- dental problems;
- changes in sense of smell and taste;
- difficulty in shopping, preparing and cooking food;
- living alone;
- financial problems;
- illness.

Adulthood

Nutritional requirements do not change much between the ages of 19 to 50, except during pregnancy and lactation.

On average, UK adults are eating too much saturated fat, sugar and salt from food, and not enough fruit and vegetables. A poor diet can lead to diseases such as obesity, cardiovascular diseases, cancer and diabetes

To reduce the risk of developing these diseases, it is important to:

- eat a balanced diet with plenty of fruit and vegetables;
- opt for healthier fats;
- get enough dietary fibre;
- keep well hydrated;
- stay active;

Task

Plan a menu for a day that applies the principles of The Eatwell Guide and the 8 tips for healthier eating. Make one of the dishes, complete a sensory evaluation and calculate the energy and nutrients provided using nutritional analysis.