

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.



Water is the best drink when you are thirsty



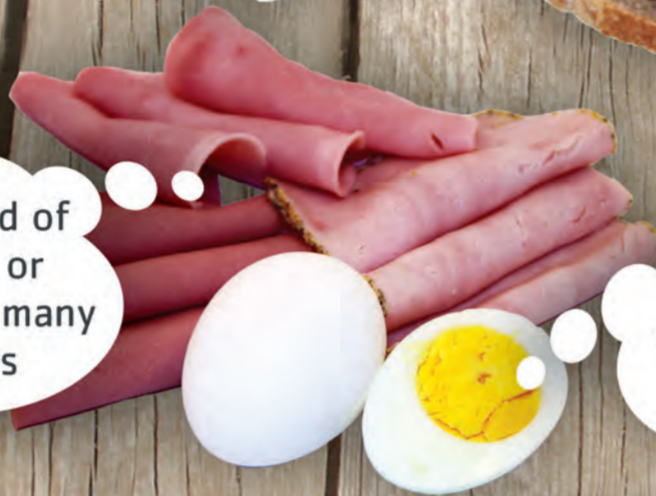
Extra low-fat milk provides strong bones – one glass at each meal is suitable



Fibre provides a good feeling of having had enough to eat.



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



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

Eggs are healthy and give high-quality protein



Liver paste is a good source of iron



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



Fruit and vegetables shall be served at each meal



Many good fish sandwich spreads come in cans



Sprett brown cheese and whey cheese are iron enriched



White cheese provides calcium and good protein

Soft margarine provides good fat substances



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



Fruit and vegetables keep children well – they will eat more if the fruit and vegetables are cut up in pieces



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

