

Food Group Ideas

We've put together some food ideas to help you include plenty of variety when planning your settings menu.

Note: Always ensure that the size, shape and texture of foods is suitable for young children.

Starchy Foods



Breakfast Cereals*	Roti	Orzo	Polenta
Oats/ Porridge	Dosa	Gnocchi	Semolina
Bread	Breadsticks	Pierogi	Millet
Flatbread	Crackers	Rice	Bulgur Wheat
Pitta	Crispbread	Potato	Taro Root
Tortilla	Rice cakes	Sweet potato	Tapioca
Crumpet	Noodles	Yam	Quinoa
English Muffin	Macaroni	Cassava	Freekeh
Bagel	Spaghetti	Plantain	Eba
Crêpe/Pancake	Lasagne	Couscous	Fufu

*Choose low sugar cereals as much as possible and avoid high sugar cereals

Suitable cooking methods include: steaming, boiling, grilling, baking and toasting



Fruits and Vegetables

Carrot	Mushrooms	Banana	Papaya
Cucumber	Okra	Apple	Guava
Peas	Butternut squash	Pear	Lychee
Aubergine	Parsnip	Orange	Kiwi
Pepper	Leeks	Berries	Peach
Cauliflower	Beetroot	Peach	Plum
Broccoli	Avocado	Plum	Pineapple
Tomatoes	Pak choi	Berries	Jackfruit
Cabbage	Spinach	Kiwi	Star fruit
Lettuce	Green beans	Mango	Dates
Marrow	Sweetcorn	Melon	Coconut

Note: fresh, frozen and tinned fruits and vegetables all count. Just ensure that tinned fruits and vegetables are tinned in water, rather than brine, salted water, sugar and syrup



Protein Foods

Chicken	Salmon	Cannellini Beans	Green lentils
Turkey	Cod	Kidney Beans	Red lentils
Duck	Mackerel	Baked beans*	Dahl
Lamb	Tilapia	Soya Beans	Tofu
Pork	Red snapper	Split Peas	Tempeh
Beef	Prawns	Chickpeas	Quorn
Goat	Crab	Hummus	Tahini
Tuna	Eggs	Falafal	Smooth nut butter
Trout	Butter beans	Nutritional yeast*	Smooth seed butter

* Choose low/ reduced salt varieties



Dairy and Alternatives

Cows' Milk	Oat Milk*	Greek Yoghurt	Cottage Cheese
Goats' Milk	Hard Cheese	Soya Yoghurt	Mozzarella
Sheeps' Milk	Cheddar Cheese	Coconut Yoghurt	Paneer
Soya Milk*	Edam Cheese	Plain Custard	Curd
Pea Milk*	Cream Cheese		Dairy- Alternative Cheese

*Choose unsweetened and calcium-fortified varieties



To Add Extra Flavour to Dishes, Try Using:

Onion	Dill	Thyme	Tumeric
Garlic	Mint	Cinnamon	Cardamon
Ginger	Oregano	Cumin	Allspice
Pepper	Parsley	Nutmeg	Lemon
Basil	Rosemary	Paprika	Lime
Coriander	Sage	Mild chilli	Orange