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.

- Extra low-fat milk provides strong bones – one glass at each meal is suitable.
- Oatmeal is 100% whole wheat. Good to eat for breakfast.
- Fibre provides a good feeling of having had enough to eat.
- Water is the best drink when you are thirsty.
- Liver paste is a good source of iron.
- Soft margarine provides good fat substances.
- Many good fish sandwich spreads come in cans.
- Sprett brown cheese and whey cheese are iron enriched.
- Slices of fruit and vegetables shall be served at each meal.
- White cheese provides calcium and good protein.
- Sandwich spreads that can be on the table once or twice a week.

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

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