



- Vegetables, fruit, berries
- Soft fats
- Good sources of protein
- Whole grains Dairy products
- Limited amounts of salt, sugar, and hard fats
- Vitamin D
- Water as the drink for thirst

Finnish Institute  
for Health and Welfare THL

## FAVOUR THESE

Home-made and varied food  
Vegetables, fruit, and berries  
A regular meal rhythm  
A xylitol pastille after meals

## AVOID THESE

Fast food and treats  
Sugary snacks and drinks  
(juice, lemonade)  
Snacking and irregular eating

## THE PLATE MODEL



## HOW TO SUPPORT YOUR CHILD WITH EATING?

Involve your child in preparing the meal and setting the table. Check that the cutlery is the right size.

Eat together as a family.

Encourage tasting, but don't force it.

Keep digital devices away from mealtimes.

Have some favourite-food days.

Teach good table manners.

Enjoy your meal!  
Thank you for  
the food!

## REMEMBER THESE

TREATS LESS OFTEN

ENCOURAGEMENT

THE PLATE MODEL

SUFFICIENT DRINKING

REGULAR MEAL RHYTHM

COLOURFUL FOOD

EATING TOGETHER

