

Eating a limited number of foods?

Otherwise known as a **picky eating, faddy eating, fussy eating, food refusal, food phobia and avoidant restrictive food intake disorder (ARFID)**

Did you know eating a limited number of foods can mean you don't get essential vitamins and minerals that are vital for life?

Fruits and Vegetables are rich in vitamins such as A, C and folate.

Some are rich in minerals iron, potassium and magnesium.



Potatoes, bread, rice, pasta and other starchy Carbohydrates Some are rich in B vitamins.

Some foods are **fortified** with the essential minerals calcium, iron, magnesium and selenium.

Beans, pulses, fish, eggs, meat and other proteins Some are rich in vitamin B12 and E.

Some are rich in minerals iron, zinc, magnesium, iodine and selenium.

Oils & Spreads Some are rich in Vitamins A and E.

Oils and spreads are a good source of omega 3 fats.

Dairy and alternatives Some are good sources of vitamins B2 and A. Some are rich in minerals calcium, iodine, phosphorous, potassium and zinc.



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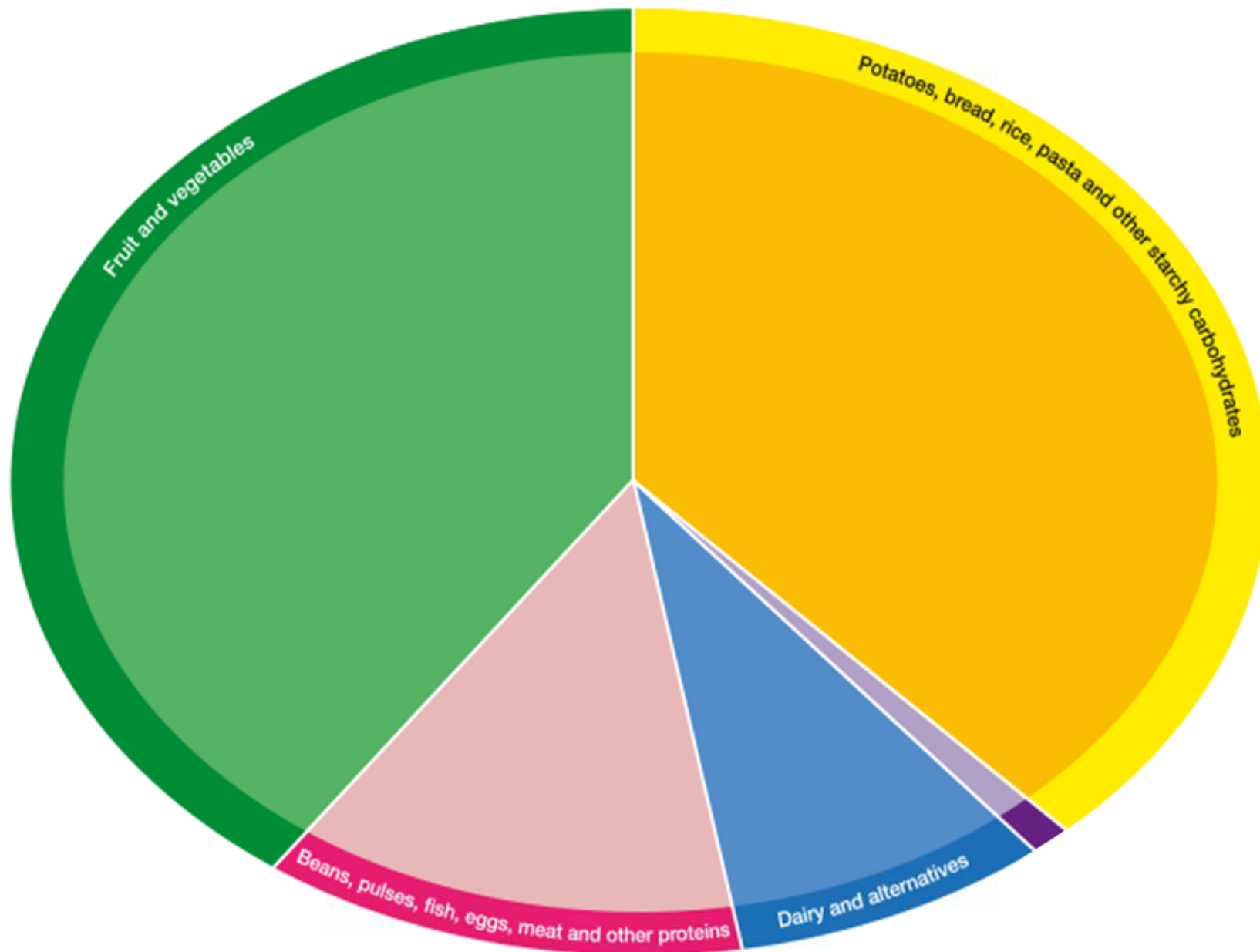
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What do you eat ?

Activity

Write or draw in each food group section what you eat and drink each day.

Use the first page to help with this activity.





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Do you eat foods from each group?

No

There are some food groups I don't eat or eat very little of

Yes

Good Job! If the foods you eat each day change, you should check again.

Follow the arrow to the food group or groups that you don't eat or eat very little of

Fruits and Vegetables

If you eat very little of the foods in this group you may be missing essential vitamins and minerals. You must take a multivitamin and mineral. This is as important as taking any medicine.

Potatoes, bread , rice, pasta and other carbohydrates

If you eat very little of the foods in this group you may be missing Energy, essential vitamins and minerals. You must take a multivitamin and mineral. This is as important as taking any medicine.

Dairy and alternatives

If you eat very little of the foods in this group you may be missing protein , calcium, essential vitamins and minerals. Please discuss with your health care professional as you may need a calcium supplement.

Beans, pulses, fish, eggs and meat

If you eat very little of the foods in this group you may be missing protein, essential vitamins and minerals. You must take a multivitamin and mineral. This is as important as taking any medicine.

Keep working on trying to eat these foods to get your vitamin and minerals

When to get help If you or a young person is missing out on more than 1 food group please seek advice from your health care professional , health visitor , pharmacist , dietitian or Doctor.

Suggested Vitamin and Mineral Supplements

Vitamin D supplement is recommended for all children and adults.



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Age 1-3 Years

- Well baby Multivitamin Liquid
- Haliborange Baby and toddler liquid
- Abidec
- Dalivit

Age 3-12 Years

- Supermarket own brand multivitamin and mineral supplement
- Centrum chewables
- Haliborange kids multivitamin with calcium and iron
- Forceval soluble junior
- Nutrigen sprinkles

Age 12-18 Years

- Supermarket own brand multivitamin and mineral supplement
- Well kid chewable multivitamin
- Centrum
- Forceval

Age 18 +

- Supermarket own brand multivitamin and mineral supplement
- Centrum
- Forceval soluble
- Well woman or Well man original

**Excludes pregnancy: please ask your healthcare professional*

Speak with your pharmacist if you need more advice or examples of comparable vitamin and mineral supplementation.

Remember to only use the age appropriate dose.

Disclaimer—This tool is intended to identify restricted eaters at risk of nutritional and mineral deficiencies. Adaptions have been made from the eat well guide to serve a purpose as a guide.

For More information on vitamin D please follow — <https://www.bda.uk.com/uploads/assets/01d7715f-c4f7-42e7-96f67018f035b0ea/Vitamin-d-food-fact-sheet.pdf>