

Are you having a variety of foods from each food group?

Restrictive Eating Tool

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

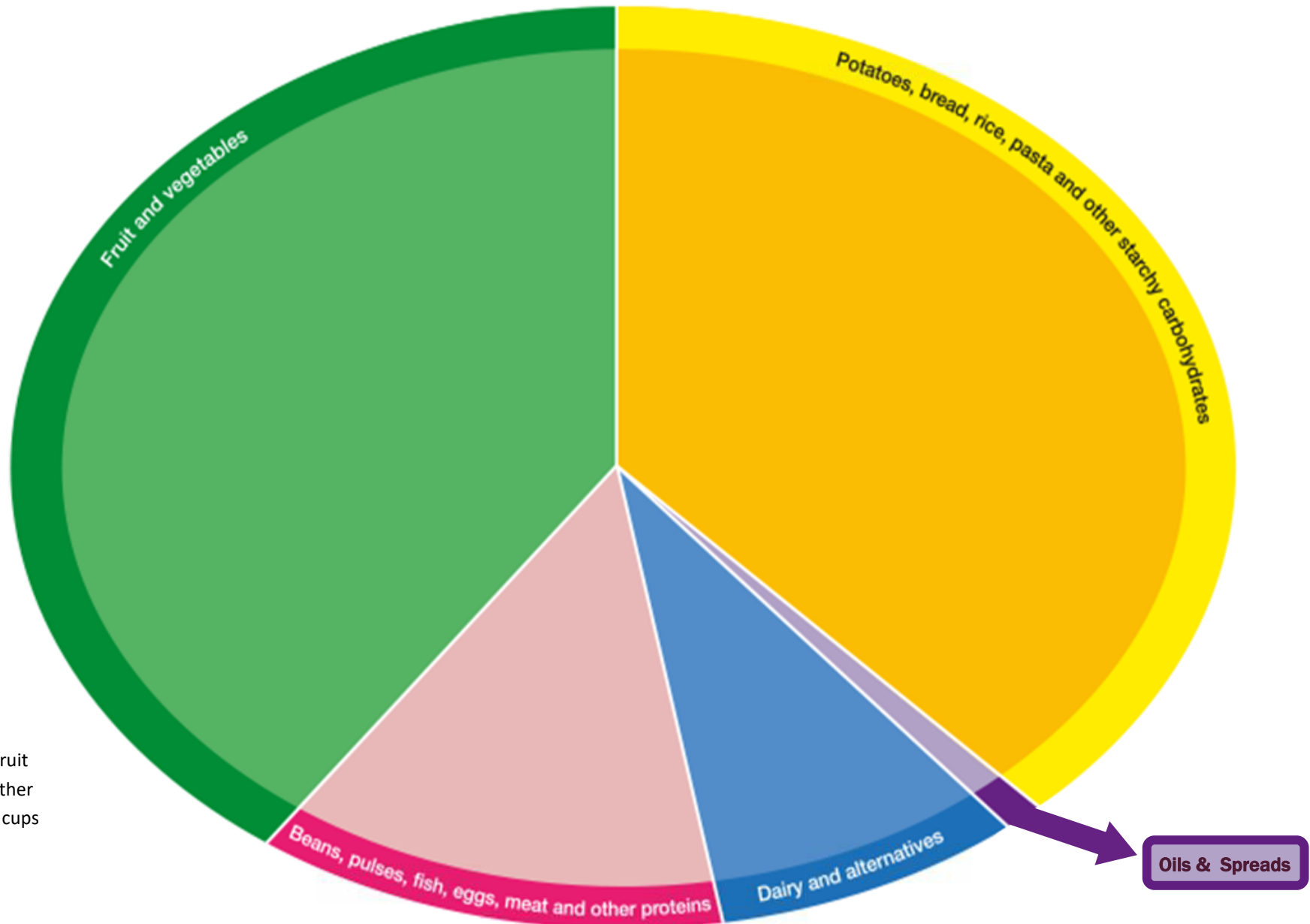
Dairy and alternatives Some are good sources of vitamins B2 and A. Some are rich in minerals calcium, iodine, phosphorous, potassium and zinc.

What do you eat/drink?

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

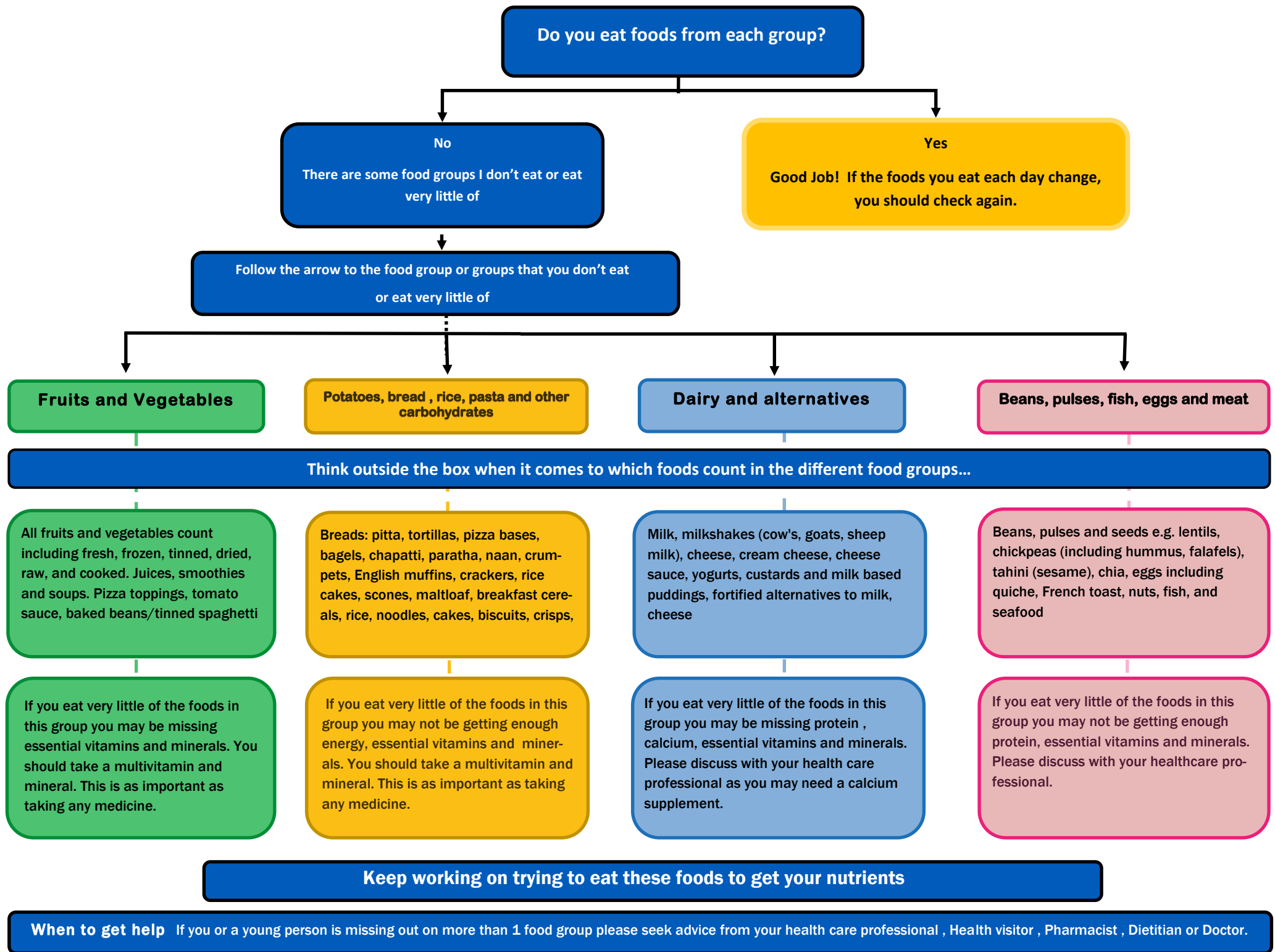
Use the first page to help with this activity.

Use this tool to discuss with your health care professional/school



Fluid: aim 6-8 cups/day

Fluids can be water, squash, fruit juice, smoothie, milk or any other drink. Write down how many cups you drink each day



Suggested Vitamin and Mineral Supplements

Vitamin D supplement is recommended for all children and adults.

Age 1-3 Years

- Well baby Multivitamin Liquid
- Haliborange Baby and Toddler liquid
- Abidec Multivitamin drops
- Dalivit
- Nutrigen Babytamin Multivitamin and Multi-mineral Drops

Age 3-12 Years

- Supermarket own brand multivitamin and mineral supplement
- Centrum chewables
- Haliborange Gummies (multivitamin, calcium, iron, vitamin D and C)
- Forceval Soluble Junior
- Nutrigen Vitamixin Sprinkles
- Wellkid multivitamin liquid

Age 12-18 Years

- Supermarket own brand multivitamin and mineral supplement
- Well Teen chewable multivitamin Him or Her
- Centrum
- Forceval
- Nutrigen Vitamixin
- Forceval capsules or Soluble
- Boots or Superdrug A-Z chewables

Age 18 +

There are many different forms including liquids, sprinkles, gummies, chewies, sprays, soluble, capsules.

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

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.

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>

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.

This document has been produced in association with the British Dietetic Association ARFID Sub-group.

Development history and Acknowledgements