

Assessing a Child's Diet Against National Dietary Goals

According to healthy eating guidelines, we should:

- Eat regularly
- Have a varied diet
- *Drink plenty of water*

In addition, there are several “Scottish Dietary goals” that have been set, to improve the nation’s health. These include:

- Eating more vegetables and fruit
- Including more wholegrain and other high fibre foods
- Eating more oily fish
- Reducing our intake of added and “free” sugars

Think of a child that you know.

It could be your own child, or someone you are responsible for in a professional capacity.








They can be on the Autistic spectrum, or neurotypical.

Use the table below to record how well you think this child is doing at meeting these dietary goals

Interpreting the results:

If you chose mostly the bottom answer for each question, then their diet is likely to be having a negative effect on their health & wellbeing . If you chose mostly the top answer, they are doing very well. If you tended to choose the middle answer, they are probably doing OK!

Progress with dietary goals

Dietary goal		How well do you think they are doing? (Just underline the best answer)
Eating regular meals		Always 3 meals a day Usually 3 meals / day Often skips a meal
Having a varied diet		Very Well Average Poor
Drinking plenty of water / fluid		Very well Average Poor
Vegetables and/or fruit		5 or more a day Some on most days Rarely or never
Daily wholegrain foods		Daily Sometimes Rarely or never
Oily fish weekly or more		At least weekly Occasionally Never
Minimal added sugars (Max: 25g/day, Typical: 50 to 100g)		Low sugar diet Typical Very high sugar diet