



Llywodraeth Cymru
Welsh Government

PUBLICATION, DOCUMENT

Changes to Welsh Government dietary advice for young children (WHC/ 2024/011)

Changes to dietary guidance for children aged 1 to 5 following the Scientific Advisory Committee on Nutrition (SACN)'s report.

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Details

Status:

Action.

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Title:

Changes to dietary advice on feeding young children aged 1 to 5 years.

Date of expiry / review:

01 April 2027.

Action by:

Local health boards.

Required by:

With immediate effect.

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Sender:

Judith Paget Commander of the British Empire, Director General of Health and Social Services and NHS Wales Chief Executive.

Welsh Government contacts:

Sarah Francis, Healthy and Active Branch, Public Health, Health and Social Services Group.

Enclosures:

None.

Changes to dietary advice on feeding young children aged 1 to 5 years

Dear colleagues,

I am writing to inform you of changes to Welsh Government dietary advice for young children aged 1 to 5 years following acceptance of recommendations made by the **Scientific Advisory Committee on Nutrition (SACN)** in its report on '**Feeding young children aged 1 to 5 years**'.

The role of SACN is to provide independent scientific advice on, and risk assessment of, nutrition and related health to the four UK Governments.

The report is based on an extensive and comprehensive review of the evidence

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base. It makes a number of dietary recommendations, some of which endorse existing advice, others represent a change in advice. These are summarised below.

Yours sincerely,

Judith Paget, Commander of the British Empire.

Director General of Health and Social Services and NHS Wales Chief Executive.

Current UK dietary advice for children aged 1 to 5 years

1. Current population dietary guidelines [as depicted in the Eatwell Guide] apply in full from age 5 years.
2. Current population guidelines on average intake of free sugars [that free sugars intake should not exceed 5% of total dietary intake] should apply to all age groups from age 2 years upwards.
3. Whole cows' milk can be given as a main drink from the age of 1 year. Semi-skimmed milk can be introduced from the age of two years provided the child is a good eater (eating a varied and balanced diet) and growing well for their age.
Young children should not be given unpasteurised milk because of the higher risk of food poisoning.
As long as they are pasteurised, goats' and sheep's milk can be used from the age of 1 year.
4. First infant formula, follow-on formula or growing-up milks are not needed once your baby is 12 months old.
5. General population advice on dairy products and alternatives (Eatwell Guide):
Choose lower fat and lower sugar options.

Revised dietary recommendations for children aged 1 to 5

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years

1. Current UK dietary recommendations as depicted in the Eatwell Guide should apply from around age 2 years.
2. UK dietary recommendations on average intake of free sugars (that free sugars intake should not exceed 5% of total dietary energy intake) should apply from age 1 year.
3. Pasteurised whole and semi-skimmed cows' milk can be given as a main drink from age 1 year, as can goats' and sheep's milks.
4. Formula milks (including infant formula, follow-on formula, 'growing-up' or other 'toddler' milks) are not required by children aged 1 to 5 years. Specialised formula, including low-allergy formula, are also usually not required after the first year of life.
5. Dairy products (such as yoghurts and fromage frais) given to children aged 1 to 5 years should ideally be unsweetened.
6. Commercially manufactured foods and drinks marketed specifically for infants and young children are not needed to meet nutritional requirements.

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