



Llywodraeth Cymru
Welsh Government

CYHOEDDIAD, DOGFENNU

Newidiadau i gyngor deietegol Llywodraeth Cymru ar gyfer plant ifanc (WHC/2024/011)

Newidiadau i ganllawiau dietegol ar gyfer plant 1 i 5 oed yn dilyn adroddiad y Pwyllgor Cyngori Gwyddonol ar Faeth (SACN).

Cyhoeddwyd gyntaf: 6 Mawrth 2024

Diweddarwyd ddiwethaf: 6 Mawrth 2024

Cafodd y ddogfen hon ei lawrlwytho o LLYW.CYMRU, efallai nad dyma'r fersiwn mwyaf diweddar.

Ewch i <https://www.llyw.cymru/newidiadau-i-gyngor-deietegol-llywodraeth-cymru-ar-gyfer-plant-ifanc-whc2024011.html> i weld y fersiwn ddiweddaraf.

Gwybodaeth am [hawlfraint](#).

Cynnwys

Manylion

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

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Manylion

Statws:

Gweithredu.

Categori:

Y gweithlu.

Teitl:

Newidiadau i gyngor deietegol Llywodraeth Cymru ar gyfer plant ifanc 1 i 5 oed.

Dyddiad dod i ben / dyddiad dod i ben:

1 Ebrill 2027.

I'w weithredu gan:

Fyrddau iechyd lleol.

Angen gweithredu erbyn:

Ar unwaith.

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Gwybodaeth am [hawlfraint](#).

Anfonwr:

Judith Paget Cadlywydd yr Ymerodraeth Brydeinig, Cyfarwyddwr Cyffredinol Iechyd a Gwasanaethau Cymdeithasol a Phrif Weithredwr GIG Cymru.

Enw(au) cyswllt Gwasanaeth Iechyd Gwladol Llywodraeth Cymru:

Sarah Francis, y Gangen Byw'n Iach ac Egniïol, y Grŵp Iechyd y Cyhoedd a Gwasanaethau Cymdeithasol.

Dogfennau amgaeedig:

Dim.

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.

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

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Revised dietary recommendations for children aged 1 to 5 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.

Efallai na fydd y ddogfen hon yn hollol hygyrch.

Drllenwch ein [datganiad hygyrchedd](#) i gael rhagor o wybodaeth.

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