Figure 2

Fruit/vegetables/vitamins n = 19 'I try my best to give her fruit and veg at least twice a day' F6.

Hydration n = 4 'Drink plenty of water' F24.

Knowledge of healthy food/a balanced diet

Balanced diet n = 6 'Giving them a balanced diet when they're tiny' F17.

Fats/poor diet

Good balance of fats +ve n = 6 'I don’t mind if my daughter eats chocolate every day but it’s a restricted amount' F13.

Too much fat/dairy –ve n = 8 'A lot of rubbish – chocolate and sweets' F4.

M = Male, F = Female