

Portion Sizes (9mths – 3yrs)

<p>Fruit and vegetables</p> <ul style="list-style-type: none"> Offer with every meal and snacks Offer at least 5 different portions per day Includes fresh, tinned (avoid fruit in syrup), dried or frozen Eat a variety - Offer a rainbow of colours of fruit and vegetables Cut small whole fruits and vegetables e.g. grapes & cherry tomatoes into quarters to limit choking hazard Fruits and vegetables rich in vitamin C help with iron absorption Both juiced and dried fruit count only once each (these should only be offered at mealtimes because of their high sugar content) <p>A portion is typically the size of a child's cupped handful</p>	<p>1-2 tbsp cooked or raw vegetables</p> <p>¼ - ½ orange, apple, pear or banana</p> <p>5-10 small berries</p> <p>2-4 strawberries or grapes cut into quarters</p> <p>½ - 1 small fruit e.g. plum or satsuma</p> <p>40 - 50g pureed or stewed fruit (without added sugar)</p> <p>30- 40g pineapple or melon</p> <p>½ small box (7-14g) of raisins</p> <p>100ml diluted fruit juice (50:50 water:100% fruit juice)</p>
<p>Bread, rice potatoes, pasta and other starchy foods</p> <ul style="list-style-type: none"> Offer 4-5 portions per day e.g. offer 1 portion with each meal and snacks Mix white and wholemeal varieties Choose fortified breakfast cereals <p>A portion is typically the size of a child's fist</p>	<p>½-1 slice of wholegrain or white bread or small roll</p> <p>¼-½ English muffin, crumpet, pancake or teacake</p> <p>3-6 heaped tsp (15-20g) low sugar breakfast cereals</p> <p>5-8 tsp hot cereal e.g. porridge.½ – 1 wheat bisk</p> <p>1- 2 tbsp mashed potato, cooked rice or pasta</p> <p>3-6 chips (20-40g) (baked not fried)</p> <p>1 egg sized potato</p> <p>1-2 small plain crackers</p>
<p>Meat, fish and alternatives</p> <ul style="list-style-type: none"> Offer 2 portions (3 for vegetarians) per day e.g. breakfast and lunch or lunch and dinner Try to limit processed foods e.g. sausages, chicken nuggets and fish fingers Serve fish at least twice a week, one of which should be oily fish *Peanuts can be introduced into the diet of high risk infants after discussion and agreement with a GP, health visitor or medical specialist that it is safe to do so <p>A portion is typically the size of a child's palm</p>	<p>25-35g lean meat / fish</p> <p>45-60g meat alternatives</p> <p>1-1½ fish finger</p> <p>½ sausage</p> <p>1 small egg</p> <p>1-2 tbsp lentils</p> <p>1-2 tbsp baked beans /kidney / butter beans / chickpeas</p> <p>1 tsp peanut butter*</p> <p>½ -1 tbsp hummus</p>
<p>Milk and dairy foods</p> <ul style="list-style-type: none"> Offer 3 portions throughout the day Use full fat milk for cooking and drinks for 1-2 years. Do not offer lower fat milks to children under 2 years unless under the supervision of your health professional. *Under 1 year aim for about 500ml of breast milk or infant formula as main drink. Breastfeeding/breastmilk in response to your baby's appetite/thirst, or if not breastfeeding, aim for about 500ml of infant formula per day (no need for 'follow on' milk). <p>A portion of cheese is typically the size of a child's first two fingers</p>	<p>150ml milk*</p> <p>2-3 dice sized pieces of cheese</p> <p>1-2 tbsp custard or milk pudding</p> <p>1 small pot yoghurt</p>
<p>Healthier fats (for cooking and spreading)</p> <ul style="list-style-type: none"> Children under 5 years do not usually need to eat a low fat diet. Choose healthier fats i.e. "monounsaturated" or "polyunsaturated" <p>A portion is typically the size of a child's thumb tip</p>	<p>½ tsp olive, vegetable or sunflower oil</p> <p>½-1 tsp unsaturated fat spread</p>

Please note:

- This is only a guide and if you have any concerns about your child's growth contact your health visitor or GP. Children do not eat exactly the same amount every day, but it should average out over a week or so. As a general rule if your child is at the lower end of the age range then you will be aiming for the smaller side of the portion range shown, if they are in upper end of the age range then you will be aiming for the higher side.



Portion Sizes (4yrs – 6yrs)

<p>Fruit and vegetables</p> <ul style="list-style-type: none"> Offer with every meal and snacks Offer at least 5 different portions per day Includes fresh, tinned (avoid fruit in syrup), dried or frozen Eat a variety - Offer a rainbow of colours of fruit and vegetables Cut small whole fruits and vegetables e.g. grapes & cherry tomatoes into quarters to limit choking hazard Fruits and vegetables rich in vitamin C help with iron absorption Both juiced and dried fruit count only once each (these should only be offered at mealtimes because of their high sugar content) <p>A portion is typically the size of a child's cupped handful</p>	<p>2-3 tbsp cooked or raw vegetables</p> <p>½ - 1 orange, apple, pear or banana</p> <p>10 – 15 small berries</p> <p>3-6 strawberries or grapes cut into quarters</p> <p>1 small fruit e.g. plum or satsuma</p> <p>40 – 80g pureed or stewed fruit (without added sugar)</p> <p>40- 80g pineapple or melon</p> <p>1 small box (14g) of raisins</p> <p>150ml diluted fruit juice (50:50 water:100% fruit juice)</p>
<p>Bread, rice potatoes, pasta and other starchy foods</p> <ul style="list-style-type: none"> Offer 4-5 portions per day e.g. offer 1 portion with each meal and snacks Mix white and wholemeal varieties Choose fortified breakfast cereals <p>A portion is typically the size of a child's fist</p>	<p>1 slice of wholegrain or white bread, small roll</p> <p>½ - 1 English muffin, crumpet, pancake or teacake</p> <p>8-10 heaped tsp (25g) wholegrain low sugar breakfast cereal</p> <p>10-12 tsp hot cereal (porridge)</p> <p>1 - 2 wheat bisk</p> <p>2-3 tbsp mashed potato, cooked rice or pasta</p> <p>6-8 chips (50g) (baked not fried)</p> <p>2 egg sized potatoes</p> <p>3-4 small crackers</p>
<p>Meat, fish and alternatives</p> <ul style="list-style-type: none"> Offer 2 portions (3 for vegetarians) per day e.g. breakfast and lunch or lunch and dinner Try to limit processed foods e.g. sausages, chicken nuggets and fish fingers Serve fish at least twice a week, one of which should be oily fish <p>A portion is typically the size of a child's palm</p>	<p>50-60g lean meat / fish</p> <p>100-120g meat alternatives</p> <p>2-2½ fish fingers</p> <p>1 sausage</p> <p>1 medium-large egg</p> <p>2-3 tbsp lentils</p> <p>3-4 tbsp baked beans / kidney / butter beans / chickpeas</p> <p>2 tsp peanut butter</p> <p>2 tbsp hummus</p>
<p>Milk and dairy foods</p> <ul style="list-style-type: none"> Offer 3 portions throughout the day <p>A portion of cheese is typically the size of a child's first two fingers</p>	<p>150ml milk</p> <p>3-4 dice sized pieces of cheese</p> <p>2-3 tbsp custard or milk pudding</p> <p>1 standard pot yoghurt (125g)</p>
<p>Healthier fats (for cooking and spreading)</p> <ul style="list-style-type: none"> Children under 5 years do not usually need to eat a low fat diet. Choose healthier fats i.e. "monounsaturated" or "polyunsaturated" <p>A portion is typically the size of a child's thumb tip</p>	<p>1 tsp olive, vegetable or sunflower oil</p> <p>1- 1½ tsp unsaturated fat spread</p>

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