A guide to portion sizes for under 5s
Four food groups

Foods high in fat and sugar are not a necessity. Fats and sugars are found naturally in other foods.

**Bread, rice, potatoes, pasta**
- Size of the child’s fist

**Meat, fish, eggs, beans and other proteins**
- Size of the child’s palm

**Dairy and alternatives**
- Hard cheese = size of the child’s first two fingers

**Fruit and vegetables**
- Size of the child’s handful

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Healthy Under 5s

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