



A guide to
portion sizes
for under 5s



Healthy Under 5s



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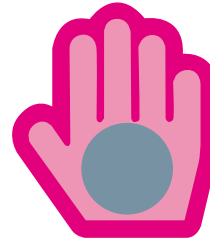
Four food groups

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

