

What is a portion? 1-5 years old

	Portion Size	
Dairy and alternatives <ul style="list-style-type: none"> Aim for up to 3 portions daily 	<ul style="list-style-type: none"> 3-5 dice sized pieces of cheese 2-4 tbsp grated cheese 2-5 tbsp custard or milk pudding 2 tbsp – 1 small 125g pot yoghurt 100-150ml milk <p>whole milk (full fat) for under 2's whole milk or semi skimmed for over 2's</p>	
Beans, pulses, fish, eggs, meat and other proteins	<ul style="list-style-type: none"> ½ - 1 ½ tbsp. finely chopped/chopped meat/fish for under 3's 1 slice/piece meat or fish for over 3's 1-2 fish fingers for over 2's 1 egg 1-2 tbsp baked beans 2-4 tbsp mashed or whole pulses (beans, lentils, dahl) ½ - 1 tbsp nut butter* 1-2 tbsp ground or chopped nuts* <p><i>*ensure there are no children with allergy or there is a no nut policy in place.</i></p>	
Potatoes, bread, rice, pasta and other starchy carbohydrates <ul style="list-style-type: none"> Offer these foods at each meal and at least 1 snack time There are numerous variations to try 	<ul style="list-style-type: none"> ½ - 1 slice bread ½ - 1 bread roll/English muffin ½ - 1 pitta bread 1 scotch pancake 1-3 tbsp mashed potatoes ½ - 1 ½ egg sized potatoes 3-8 chips 1-3 tbsp cooked rice or pasta 1-3 tbsp cooked porridge 1-3 tbsp breakfast cereal (non sugar coated) ½ - 2 crisp breads 1-3 crackers <p>Bread sticks, popcorn, plain biscuits are in this group too and re useful snacks.</p>	
Fruit and vegetables <ul style="list-style-type: none"> The portion size will grow with the child Offer fruit and vegetables at all meal and snack times Use fruit and vegetables in season Ensure texture and presentation of all fruit and vegetables is appropriate for the age and stage of each child from puree/mashed/ chopped/sliced. 	Vegetables <ul style="list-style-type: none"> 1-3 tbsp cooked vegetables such as peas, sweet corn, carrots, cabbage/swede 1-3 florets cauliflower or broccoli 4-5 green beans ¼ - ½ sweet potato 1 small parsnip 1-2 rings of pepper Small handful of salad leaves 2-3cm piece of cucumber 4 cherry tomatoes 4 small slices of tomato Fruit <ul style="list-style-type: none"> ½ - 1 small apple, pear, banana, orange, peach or similar fruit 1 plum, satsuma 1 slice melon, mango 2-6 strawberries, other berries or grapes 1-2 tbsp puree/stewed fruit 1-2 tbsp tinned fruit 100-150ml (1:10 dilution) fruit juice 	 

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<p>Oils and spreads Developing good dietary habits from this food group is essential. Fat is a source of energy and fat soluble vitamins, and a low fat diet is not recommended. Good dietary fats like those in olive, rapeseed and sunflower oils can be encouraged.</p>		
<p>Foods to eat less often and in small amounts (including fats, sugars and salt) For positive dental health, high sugar choices are best eaten at meal</p>	<ul style="list-style-type: none"> • 1-2 biscuits • Small-medium piece of cake • Small-medium portion 'pudding' 	