

A guide to portion sizes (9mths - 3yrs)



Approximate Portion Sizes 9 months -3 years

The Five Food Groups

Meat, fish and alternatives

- Offer with each main meal (2 portions per day)
- Try to limit processed foods
- 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 as it is safe to do so

One portion is typically the size of a child's palm

25-35g (1 oz) lean meat / fish
45-60g mycoprotein
1-1½ fish finger
½ sausage
1 small egg
1-2 tbsp lentils
1-2 tbsp baked beans / kidney / butter beans / chickpeas
1 tsp peanut butter*
½ -1 tbsp Hummous

Fruit and Vegetables

- Offer with every meal and snacks
- Offer at least 5 different portions per day
- Includes fresh, tinned, dried or frozen (juiced counts once a day)
- Eat a variety - Try to 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

A portion is typically the size of a child's cupped handful

1-2 tbs cooked or raw vegetables
¼ - ½ orange, apple, pear or banana
5-10 small berries
2-4 strawberries or grapes cut into quarters
½ - 1 small fruit e.g. plum or satsuma
40 - 50g pureed or stewed fruit (without added sugar)
30- 40g pineapple or melon
½ small box (7-14g) of raisins

Bread, rice potatoes, pasta and other starchy foods

- Offer 1 -2 portions with each meal and with some snacks i.e. typically 4-5 servings per day
- Mix white and wholemeal varieties

A portion is typically the size of a child's fist

½-1 slice of wholegrain or white bread or small roll
¼-½ muffin, crumpet, pancake or teacake
3-6 heaped tsp (15-20g) fortified breakfast cereals without sugar coating
5-8 tsp hot cereal e.g. porridge
½ - 1 wheat bisk
1- 2 tbsp mashed potato, cooked rice or pasta
3-6 chips (20-40g)
1 egg sized potatoes
1-2 small plain crackers

Milk and dairy foods

- 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.

A portion of cheese is typically the size of a child's first two fingers

120ml milk*
1-2 mini pots fromage frais
2-3 dice sized pieces of cheese
1-2 tbsp custard or milk pudding
½ - 1 standard pot yoghurt

Foods and drinks high in fat and sugar

Fats for cooking and spreading

- Children under 5 years do not usually need to eat a low fat diet.
- Choose healthier fats are "monounsaturated" or "polyunsaturated"

½ tsp olive, vegetable or sunflower oil
½-1 tsp butter, spread or mayonnaise

Other fats and sugars

- Only include occasionally (0-2 per day)
- **Honey should not be given until at least 1 year of age

½ digestive or 1 small biscuit
3-4 crisps
1-2 sweets or squares of chocolate
½ small fun-sized chocolate bar
1 tsp jam, honey or sugar**

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.

Created in partnership between Rachael Brandreth, (CCTS) and Gemma Burley, (Dietetics) Children's Dietitians, RCHT, Shelley Jamieson, The Healthy Weight Team and Lydia Bicknell, Health Visiting Service, CFT. v1.3. Review date: September 2014.

A guide to portion sizes (4yrs - 6yrs)



Approximate Portion Sizes 4-6 years

The Five Food Groups

Meat, fish and alternatives

- Offer with each main meal (2 portions per day)
- Try to limit processed foods
- 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 as it is safe to do so

One portion is typically the size of a child's palm

50-60g (2 oz) lean meat / fish
 100-120g mycoprotein
 2-2½ fish fingers
 1 sausage
 1 medium-large egg
 2-3 tbsp lentils
 3-4 tbsp baked beans / kidney / butter beans / chickpeas
 2 tsp peanut butter*
 2 tbsp Hummous

Fruit and Vegetables

- Offer with every meal and snacks
- Offer at least 5 different portions per day
- Includes fresh, tinned, dried or frozen (juiced counts once a day)
- Eat a variety - Try to 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

A portion is typically the size of a child's cupped handful

2-3 tbs cooked or raw vegetables
 ½ - 1 orange, apple, pear or banana
 10 - 15 small berries
 3-6 strawberries or grapes cut into quarters
 1 small fruit e.g. plum or satsuma
 40 - 80g pureed or stewed fruit (without added sugar)
 40- 80g pineapple or melon
 1 small box (14g) of raisins

Bread, rice potatoes, pasta and other starchy foods

- Offer 1 -2 portions with each meal and with some snacks i.e. typically 4-5 servings per day
- Mix white and wholemeal varieties

A portion is typically the size of a child's fist

1 slice of wholegrain or white bread, small roll
 ½ muffin, crumpet, pancake or teacake
 8-10 heaped tsp (25g) wholegrain fortified breakfast cereals without sugar coating
 10-12 tsp hot cereal (porridge)
 1 - 2 wheat bisk
 2-3 tbsp mashed potato, cooked rice or pasta
 6-8 chips (50g)
 2 egg sized potatoes
 3-4 small crackers

Milk and dairy foods

- Offer 3 portions throughout the day

A portion of cheese is typically the size of a child's first two fingers

120-150ml milk
 2 mini pots fromage frais
 3-4 dice sized pieces of cheese
 2-3 tbsp custard or milk pudding
 1 standard pot yoghurt (125g)

Foods and drinks high in fat and sugar

Fats for cooking and spreading

- Children under 5 years do not usually need to eat a low fat diet.
- Choose healthier fats are "monounsaturated" or "polyunsaturated"

1 tsp olive, vegetable or sunflower oil
 1- 1½ tsp butter, spread or mayonnaise

Other fats and sugars

- Only include occasionally (0-2 per day)

1 digestive or 2 small biscuits
 1 small packet of crisps
 2-3 sweets or squares of chocolate
 1 small fun-sized chocolate bar
 1½-2 tsp jam, honey or sugar

Please note:

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- 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.