













How big is a portion?

This chart is a general guide to the size of portions of a range of everyday foods. It is not meant to be a menu or to recommend what young children should be eating. Being guided by children's signs of hunger and fullness reminds us that appetites vary from child to child and day to day

FOOD GROUP	PORTIONS	1 AND 2 YEAR-OLDS	3 AND 4 YEAR-OLDS
Fruit and vegetables	5 a day 	½ cooked sliced apple 1 tbsp canned fruit (in juice) 1 tbsp cooked vegetables 5 quartered grapes 4 cooked carrot sticks 	½ large sliced apple 2 tbsp canned fruit (in juice) 2 tbsp cooked vegetables 8 halved grapes 6 carrot sticks 
Bread, rice, potatoes, pasta	4 a day 	1 small/half slice of bread 3 tbsp dry cereal 1 small boiled potato 3 tbsp cooked pasta 2 tbsp cooked rice 	1 slice bread 5 tbsp dry cereal 2 small boiled potatoes 4 tbsp cooked pasta 3 tbsp cooked rice 
Beans, pulses, fish, eggs, meat and other proteins	2-3 a day 	1 small slice chicken 2 tbsp fish in sauce 1 egg 1 tbsp beans/lentils 	1 slice chicken 3 tbsp fish in sauce 1 egg 2 tbsp beans/lentils 
Milk and dairy (milk as part of daily portions)	3 a day 	1 cup milk (150ml) 1 tbsp unsweetened yogurt 2 small sticks hard cheese 3 tbsp custard 	1 cup milk (150ml) 2 tbsp unsweetened yogurt 2 sticks hard cheese 4 tbsp custard 

Children do not need to eat any of the foods shown below that are high in sugar and fat. Offer them to children less often and in small amounts - the following images show age-appropriate portion sizes.

High-fat, high-sugar foods	occasionally 	4 chips 1 small piece of cake 1 small plain biscuit 1 tbsp ice cream 	6 chips 1 medium piece of cake 1 plain biscuit 2 tbsp ice cream 
-----------------------------------	---	--	---