




healthy hebridean kids



Portion size

The table below will give you an idea of how much of each food group a child should be taking a day.

Remember that their tummies are small, so portions should also be small. Using their hand as a guide will help assess portion size for each individual child.

| Food group | Portions | Examples | |
|---------------------------------|--|---|--|
| | | 1 and 2 years | 3 and 4 years |
| Bread, rice, potatoes and pasta | <p>4 a day</p>  | <ul style="list-style-type: none"> • 1 slice bread • 3 tbsp dry cereal • 1 small boiled potato • 3 tbsp cooked pasta • 2 tbsp cooked rice | <ul style="list-style-type: none"> • 1 slice bread • 5 tbsp dry cereal • 2 small boiled potatoes • 4 tbsp cooked pasta • 3 tbsp cooked rice |
| Fruit and veg | <p>5 a day</p>  | <ul style="list-style-type: none"> • ½ cooked sliced apple • 1 tbsp canned fruit (in juice) • 1 tbsp cooked vegetables • 5 quartered grapes • 4 cooked carrot sticks | <ul style="list-style-type: none"> • ½ large sliced apple • 2 tbsp canned fruit (in juice) • 2 tbsp cooked vegetables • 8 halved grapes • 6 carrot sticks |
| Meat, fish, eggs and beans | <p>2-3 a day</p>  | <ul style="list-style-type: none"> • 1 small slice chicken • 2 tbsp fish in sauce • 1 egg • 1 tbsp beans/lentils | <ul style="list-style-type: none"> • 1 slice chicken • 3 tbsp fish in sauce • 1 egg • 2 tbsp beans/lentils |
| Milk and dairy | <p>3 a day</p>  | <ul style="list-style-type: none"> • 1 small cup milk (100ml) • 1 tbsp unsweetened yogurt • 2 small sticks hard cheese • 3 tbsp custard | <ul style="list-style-type: none"> • 1 cup milk (150ml) • 2 tbsp unsweetened yogurt • 2 sticks hard cheese • 4 tbsp custard |
| High fat and high sugar foods | <p>0-2 a day</p>  | <ul style="list-style-type: none"> • 4 chips • 1 small piece of cake • 1 plain biscuit • 1 tbsp ice cream | <ul style="list-style-type: none"> • 6 chips • 1 medium piece of cake • 2 plain biscuit • 2 tbsp ice cream |