

# How **BIG** is a portion for one and two-year-olds?

**For example**

**Fruit and  
vegetables**



**5 per  
day**

1/2 cooked sliced apple  
1 tbsp canned fruit  
1 tbsp cooked vegetables

5 quartered grapes  
4 carrot sticks

**Bread, rice  
potatoes, pasta**



**4 per  
day**

1 slice of bread  
3 tbsp dry cereal  
1 small boiled potato

3 tbsp cooked pasta  
2 tbsp cooked rice

**Milk and  
dairy products**



**3 per  
day**

1 small cup of milk  
1 tbsp unsweetened  
yoghurt

2 small sticks of  
hard cheese  
3 tbsp custard

**Meat, fish,  
eggs and beans**



**2-3 per  
day**

1 small slice chicken  
2 tbsp fish in sauce  
1 egg

1 tbsp beans  
or lentils

**Meals and snacks should have a mix of these four food groups**

# How **BIG** is a portion?

Use your child's hand size as a measure



Two half fingers for  
milk and dairy products



Cupped palm for  
fruit and vegetables



Balled hand for bread, rice  
potatoes and pasta



Open palm for meat, fish,  
eggs and beans

Remember to offer water with meals!