

How **BIG** is a portion for three and four-year-olds?

For example

**Fruit and
vegetables**

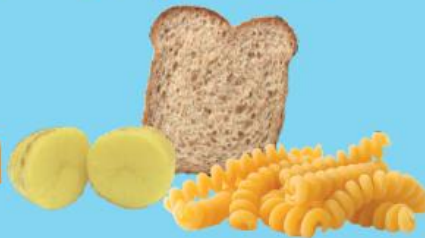


5 per
day

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

8 halved grapes
6 carrot sticks

**Bread, rice
potatoes, pasta**



4 per
day

1 slice of bread
5 tbsp dry cereal
2 small boiled potatoes

4 tbsp cooked pasta
3 tbsp cooked rice

**Milk and
dairy products**



3 per
day

1 cup of milk (150ml)
2 tbsp unsweetened
yoghurt

2 sticks hard cheese
4 tbsp custard

**Meat, fish,
eggs and beans**



2-3 per
day

1 slice chicken
3 tbsp fish in sauce
1 egg

2 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



**Cupped palm for
fruit and vegetables**

**Two half fingers for
milk and dairy products**



**Balled hand for bread, rice
potatoes and pasta**



**Open palm for meat, fish,
eggs and beans**



Remember to offer water with meals!