

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

Fruit and vegetables

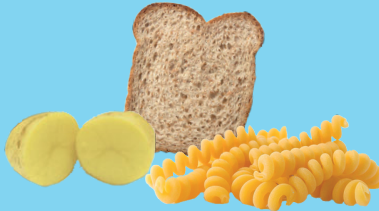


5 per
day

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

For example
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

For example
3 tbsp cooked pasta
2 tbsp cooked rice

Milk and dairy products



3 per
day

1 small cup of milk
1 tbsp unsweetened
yoghurt

For example
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

For example
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



**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!