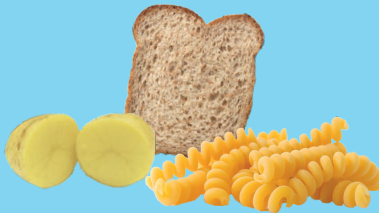


# How **BIG** is a portion for three and four-year-olds?

## Fruit and vegetables



## Bread, rice potatoes, pasta



## Milk and dairy products



## Meat, fish, eggs and beans



### For example

**5** per  
day

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

8 halved grapes  
6 carrot sticks

**4** per  
day

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

4 tbsp cooked pasta  
3 tbsp cooked rice

**3** per  
day

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

2 sticks hard cheese  
4 tbsp custard

**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!**