

# HEALTHY EATING

## WHAT PORTION SIZE SHOULD I GIVE MY CHILD?

FOR CHILDREN AGED 1 – 4 YEARS OLD EACH DAY OFFER ABOUT:

**5 portions of starchy foods** - These should be offered at every meal and can be useful foods to offer as part of snacks. E.g.  $\frac{1}{2}$ -1 slice bread, 1-2 oat cakes, 3-6 tablespoons breakfast cereal, 1-3 tablespoons mashed potato, 2-5 tablespoons cooked pasta/rice.

**5 (or more) portions of fruit & vegetables** - Aim for 40g portions of vegetables and fruits at meals and snacks. E.g. 2-6 carrot sticks,  $\frac{1}{4}$ -1 banana, 3-10 grapes (halved),  $\frac{1}{2}$ -2 tablespoons peas,  $\frac{1}{2}$ -2 tablespoons broccoli.

**3 portions of dairy foods** - Foods from this group should be offered at 2-3 meals and snacks each day. Any non-dairy milk alternatives offered should be unsweetened and fortified. E.g. 1 cup of milk (100-120ml), 1 pot of yogurt (125ml), 1 cheese triangle.

**2 portions of protein foods (or 3 if vegetarian)** - These should be offered as part of every meal. E.g. 2-4 tablespoons chickpeas, lentils or beans,  $\frac{1}{2}$ -1 egg, 2-4 tablespoons cooked minced meat,  $\frac{1}{4}$ -1 small fillet of fish.

Eat small amounts of fats, oils and spreads, choose unsaturated oils and spreads and foods high in fat, salt and sugar should be eaten less often and in small amounts.

Children's food preferences and appetites vary from day to day so let your child decide how much to eat and keep offering new foods alongside familiar favourites.



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Strong Start



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