

Portion Sizes for children aged 1-4 years

The amount of food that young children eat varies from day to day and meal to meal. Use our portion size ranges as a guide on how much to offer your 1-4 year olds, then allow children to eat to their appetite. Taller or more active children will eat larger portions than shorter or less active children.

Food Group 1: Bread, cereals, potatoes & other starchy foods

Offer a serving from within these portion size ranges at each meal and some snacks.

Foods marked with an asterisk * should be limited to mealtimes and no more than one snack per day because of their sugar content.



Bagel

1/4 - 1/2 bagel



Bread slices (fresh or toasted) - wheatgerm

1/2 - 1 medium slice



Bread slices (fresh or toasted) - granary

1/2 - 1 medium slice



Bread slices (fresh or toasted) - white
1/2 - 1 medium slice



Maltloaf*
1/2 - 1 slice



Naan bread
1/8 - 1/3 naan

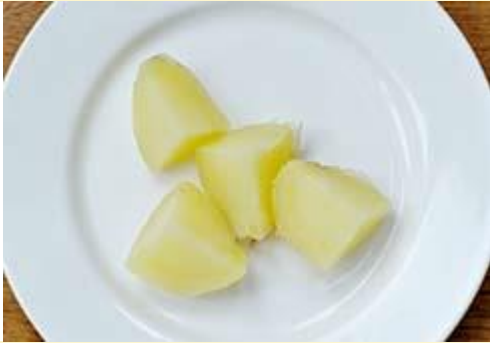


Dry flaked cereal (e.g. Cornflakes)*
3 - 6 heaped tablespoons



Pasta (cooked)

2 - 5 tablespoons



Boiled potatoes

1/2 - 1 1/2 egg-sized potatoes



Chips

4 - 8 thick cut chips



Mashed potato

1 - 4 tablespoons



Potato wedges
2 - 4 medium wedges



Rice - boiled or fried
2 - 5 tablespoons

1-4 year olds eating within these ranges will meet their energy and nutrient needs - except vitamin D, for which all children need a supplement.

Diameters of plates and bowls photographed:

White plate: 9" / 23cm (approx)

White bowl: 6 ½" / 16.5cm (approx)

Glass bowl: 4 ¾" / 12cm (approx)

Standard measuring spoons were used: 1 tablespoon is 15ml and 1 teaspoon is 5ml.

Food Group 2: Fruit and Vegetables

Offer at least 1 - 2 servings at each meal and also offer them with some snacks

These are low energy, high nutrient foods - allow toddlers to eat larger portions if they wish to.

Foods marked with an asterisk * should be limited to mealtimes and no more than one snack per day because of their sugar content.



Apple
1/4 - 1/2 medium apple



Banana

1/4 - 1 medium banana



Clementine / tangerine / mandarin

1/2 - 1 fruit



Dried apricots / prunes

1 - 4 whole fruits



Pear

1/4 - 3/4 whole fruit



Pineapple

1/4 - 1 medium slice



Kiwifruit / plum / apricot

1/2 - 1 fruit



Raisins/sultanas*

1/2 -2 tablespoons



Broccoli / cauliflower

1 - 4 small florets or 1/2 - 2 tablespoons



Carrot

1 - 3 tablespoons / 2 - 6 carrot sticks



Celery / cucumber / radishes / other

2 - 8 small sticks / slices



Cherry tomatoes

1 - 4 cherry tomatoes



Green / French beans

1/2 - 2 tablespoons



Mange touts
2 - 8 mange touts



Peas
1/2 - 2 tablespoons



Spring greens / spinach (cooked)
1/2 - 2 tablespoons



Sweet corn
1/2 - 2 tablespoons



Grapes and berries
3 - 10 small grapes / berries



Cherries
3 - 10 Cherries



Strawberries
3-10 small strawberries



Plum
1/2 - 1 fruit



Tomato

1/4 - 1 small tomato

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Food Group 3: Milk, cheese and yogurt

Offer a serving from within these portion size ranges about 3 times each day. An excess of these foods can reduce the appetite for iron-containing foods from the other food groups so limit serving sizes to those indicated.

Milk should be given in a cup, mug or glass - not a bottle. Semi skimmed milk can be used from two years of age and skimmed milk from five years of age for children who eat a wide variety of foods, but changing is not necessary.



Cow's milk as a drink

1 cup of milk (100 - 120 ml / 3 - 4oz)



Yogurt

1 average pot (125ml)



Processed cheese

15 - 21g (1 slice / 1 triangle or string / 1 Mini Babybel™)



Custard

5-7 tablespoons custard



Rice Pudding

2-5 tablespoons rice pudding

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Food Group 4: Meat, Fish, Eggs, Nuts and Pulses

Offer a serving from within these portion size ranges 2 - 3 times per day - twice for toddlers eating meat and fish and 3 times a day for vegetarians.



Ham

1/2 - 1 1/2 small slices 1 1/2 - 4 wafer thin slices



Minced meat

2 - 5 tablespoons



Sausages

1/4 - 1 medium sausage



Tinned fish in Sandwich / Salad

1/2 - 1 1/2 tablespoons



Poached / boiled / fried

1/2 - 1 egg



Bhajis or pakora made with chickpea flour

1/2 - 1 1/2 bhaji or pakoras



Falafels

1 - 3 mini falafels (25g each)



Homemade soups with meat / fish / pulses

1 small bowl (90 - 125ml)



White / oily fresh fish

1/4 - 1 small fillet or 1 - 3 tablespoons

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Food Group 5: Foods high in Fat and Sugar

Toddlers under two years of age have lower energy requirements and should not be offered sweet puddings, cakes, biscuits, confectionery, chocolate or savoury snacks such as crisps.

Biscuits, Cakes and Puddings

Include once a day

Confectionery, sweet drinks and savoury snacks

Limit these foods to occasional mealtimes – no more than one item once a week.



Chocolate coated

1/2 - 1 biscuit



Digestive (plain)

1/2 - 1 biscuit



Fruit (e.g. garibaldi)

1 - 2 biscuits



Sandwich (e.g. bourbon)

1/2 - 1 biscuit



Jelly

2 - 4 tablespoons



Bar of chocolate / chocolate biscuit

2 - 4 squares of chocolate



Chocolate buttons

6 - 8 small buttons



Popcorn - sweet

1/2 - 1 small cup



Soft Sweets (e.g. jelly tots / jelly beans)

2 - 4 sweets



Crisps (e.g. Wotsits TM / Hula hoops TM)

4 - 6 crisps



Popcorn - unsweetened

1/2 - 1 small cup



Squash / diluted fruit juice

100-120ml / 3-4oz squash/diluted fruit juice

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Portions with foods from more than one food group

The food groups included in each portion are shown below the portion size range.



Fish and potato pie

2 - 6 tablespoons

Food Groups 1 and 4



Macaroni cheese

2 - 5 tablespoons
Food Groups 1 and 3



Pizza (meat / cheese)

1 - 2 small slices (70g) pizza
Food Groups 1, 3 and 4



Pizza (veg)

1 - 2 small slices (70g) pizza
Food Groups 1 and 3



Shepherds / Cottage pie

2 - 5 tablespoons
Food Groups 1 and 4



Quiche

1/2 - 1 1/2 small slices (30 - 90g)
Food Groups 1, 3, 4 and 5



Samosas (meat)

1/2 - 1 samosa or 1 - 2 small samosas
Food Groups 1, 4 and 5



Samosas (vegetable)

1/2 - 1 samosa or 1 - 2 small samosas
Food Groups 1, 2 and 5



Soup meat / fish / veg

1 small bowl (90 - 125ml)
Food Groups 2 and 4



Pizza (veg)

1 - 2 small slices (70g) pizza
Food Groups 1 and 3



Scrambled egg meal

½-1 slice wholemeal toast with 2-4 tablespoons scrambled egg, 1 - 4 cherry tomatoes



Chicken nugget meal

2-4 small chicken nuggets, 4-8 thick cut chips, 1/2 - 2 tablespoons green beans



Apple sponge cake

2-4 tablespoons apple sponge cake



Pasta bolognaise

3-5 tablespoons pasta with bolognaise, 1/2- 2 tablespoons green beans



Pancake and berries

1/2 - 1 small pancake, 3 - 10 small berries



Weetabix

1/2 - 1 1/2 Weetabix, 1/4 - 1 banana



Porridge and berries

5 - 8 tablespoons porridge, 3 - 10 small berries



Cheese Sandwich

Cheese sandwich (½ - 1 slice wholemeal bread), 1 - 4 cherry tomatoes



Baked beans on toast

2-4 tablespoons baked beans, ½ - 1 slice wholemeal toast, 2-8 small sticks cucumber slices



Fish finger meal

1-2 fish fingers, 1-4 tablespoons mash, ½ - 2 tablespoons of peas



Chicken and veg

1-2 small slices chicken, ½-1½ egg-sized potatoes and 1-4 small florets of broccoli



Pizza and carrots

1-2 small slices Margherita pizza, 2-6 carrot sticks



Fruit crumble

2-4 tablespoons fruit crumble



Oatcakes and cheese

1-2 oatcakes and 15-21g cheese cubes



Ice cream dessert

3 - 10 small berries, 2 - 3 heaped tablespoons ice cream



Salmon and veg

¼ - 1 small fillet salmon, 1 - 4 small florets broccoli, 2 - 4 medium potato wedges



Ham and tomatoes

½-1 med slice bread, ½-1½ sml slices ham, 1-4 cherry toms, 2-8 sml slices cucumber



Oatcakes, apple, cheese

1-2 oatcakes, ¼-½ medium apple, 15-21 grams cheese cubes

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