Guide to number of portions across the day in meals and snacks

5532-a-day

Starchy Foods
(Potatoes, bread, rice & pasta)
- 5 portions a day
  - ½-1 slice bread
  - 1-2 rice cakes or oat cakes
  - 3-5 tbsp breakfast cereal
  - 1-3 tbsp mashed potato
  - 2-4 tbsp cooked pasta/rice

Fruit & Vegetables
- 5 portions a day
  - ½-2 tbsp raisins
  - ¼-1 banana
  - 3-8 grapes
  - ½-2 tbsp peas
  - ½-2 tbsp broccoli

Dairy Foods
(Milk, cheese & yogurt)
- 3 portions a day
  - 1 beaker of milk (100ml)
  - 1 pot of yogurt (125ml)
  - 1 cheese triangle

Protein Foods
(3 portions if child is vegetarian)
(Meat, fish, eggs, beans & nuts)
- 2-3 tbsp chickpeas, kidney beans, dhal, lentils or beans
- 2-4 tbsp cooked minced meat

Drinks
Offer 6-8 drinks a day

Examples of foods and toddler portion sizes:
See overleaf for more examples...

www.nutrition.org.uk/healthyliving/toddlers

© British Nutrition Foundation September 2014. Next review due September 2017
Your toddler needs a variety of foods from the 4 main food groups. Each day offer about:

- 5 portions of starchy foods
- 5 portions of fruit & veg
- 3 portions of dairy foods
- 2 portions of protein foods (or 3 if vegetarian)

These foods can be offered as meals and snacks. This handy chart gives examples of portion sizes as a guide, but these will vary for toddlers of different ages and appetites.

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

Fats and oils contain essential nutrients and small amounts can be included in toddlers' diets – use butter and spreads sparingly and small amounts of oil in cooking.

Children under 5 should have a daily supplement of vitamins A, C and D – ask your GP, health visitor or pharmacist for more information.

You can offer small portions of sweet foods (e.g. chocolate, biscuits, cakes) or salty snack foods (e.g. crisps, corn snacks) occasionally but these shouldn’t be a regular part of a toddler’s everyday foods.

Fruit & Vegetables

- 1½ medium apple
- 1-3 cherry tomatoes
- 2-4 tbsp cooked vegetables
- 1-2 rice/oat cakes
- 2-3 tbsp grated cheese
- 5-6 tbsp dairy dessert e.g. custard
- ½-1 burger without bun
- ½-1 small fillet of fish
- 1 cheese ball
- 1-3 button mushrooms
- 1-2 tbsp roasted vegetables
- 1-3 button mushrooms
- 1-3 button mushrooms
- 1-3 button mushrooms

Dairy Foods

- 2-3 tbsp grated cheese
- 2-4 tbsp rice pudding
- 2 tbsp cottage cheese
- 2 small pots (60ml each) fromage frais
- 1-3 slices Mozzarella cheese
- 2 small yogurt tubes
- 1-2 fish fingers
- 1-2 tbsp hummus
- 1-3 button mushrooms
- 1-3 button mushrooms
- 1-3 button mushrooms

Starchy Foods

- ¼-½ medium boiled or baked potato
- 2-4 tbsp cooked couscous
- 1-2 rice/oat cakes
- 2-4 potato wedges
- 1-2 rice/oat cakes
- 2-4 potato wedges
- 1-2 rice/oat cakes
- 2-4 potato wedges

Protein Foods*

- ½-1 slice of beef, lamb or pork
- ½-2 tbsp shellfish
- ½-1 slice of chicken or turkey
- ½-1 poached, boiled, or fried egg
- 1 poached, boiled, or fried egg
- 1-2 tbsp roasted vegetables
- 1-2 tbsp roasted vegetables
- 1-2 tbsp roasted vegetables
- 1-2 tbsp roasted vegetables

Offer
6-8 drinks per day. Water is a good choice.

*3 portions if child is vegetarian

Developed by the British Nutrition Foundation and funded by an educational grant from Danone Nutricia, Early Life Nutrition. Please refer to leaflet for more food examples and further advice.