

5532-a-day

Perfect portions for little tums (1-4 years)

5 -a-day Starchy Foods

(Potatoes, bread, rice & pasta)

- ½-1 slice bread
- 1-2 oat cakes
- 3-6 tbsp breakfast cereal
- 1-3 tbsp mashed potato
- 2-5 tbsp cooked pasta/rice

5 -a-day Fruit & Vegetables

(Apples, oranges, broccoli & carrots)

- 2-6 carrot sticks
- ¼-1 banana
- 3-10 grapes (halved lengthways or ideally quartered)
- ½-2 tbsp peas
- ½-2 tbsp broccoli

3 -a-day Dairy Foods

(Milk, cheese & yogurt)

- 1 beaker of milk (100-120ml)
- 1 pot of yogurt (125ml)
- 1 cheese triangle

2 -a-day (3 portions if child is vegetarian) Protein Foods

(Beans, pulses, fish, eggs, meat and other proteins)

- 2-4 tbsp chickpeas, kidney beans, dhal, lentils or beans
- 2-4 tbsp cooked minced meat
- ¼-1 small fillet of fish

See overleaf for more examples...



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Your child needs a variety of foods from the 4 main food groups.

Each day offer about:

- 5 portions of starchy foods
- 5 (or more) portions of fruit & vegetables
- 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 children of different ages and appetites. 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. Fats and oils contain essential nutrients and small amounts can be included in childrens' diets – use 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. Foods like chocolate, biscuits and cakes and higher salt snack foods like crisps or corn snacks are not needed in the diet and so shouldn't be a regular part of children's everyday foods. Small portions can be offered occasionally.

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

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Starchy Foods

(Potatoes, bread, rice, pasta and other starchy carbohydrates)

Examples of portion sizes:



1/4-1/2 pitta bread



1-3 plain breadsticks



1-2 oat cakes



2-4 potato wedges



3-6 tbsp breakfast cereal



2-5 tbsp cooked rice



1/2-1 chapati



2-4 tbsp canned spaghetti hoops



2-4 tbsp cooked couscous



1/4-1/2 medium boiled or baked potato



1/2-1 scotch pancake



1/2-1 scone

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Fruit & Vegetables

Examples of portion sizes:



1/4-1/2 medium apple



3-10 strawberries



1/4-1/2 peach



1-4 cherry tomatoes



1/4-1/2 medium orange



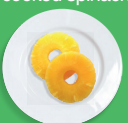
1/2-2 tbsp cooked vegetables



1/2-2 tbsp cooked spinach



2-6 vegetable sticks



2-4 tbsp canned fruit in juice



1-4 button mushrooms



1/2-2 tbsp roasted vegetables



1/2-2 tbsp sweetcorn

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Dairy Foods

(Milk, cheese, yogurt and non dairy alternatives)

Examples of portion sizes:



2-4 tbsp grated cheese



2-5 tbsp rice pudding



1-3 tbsp yogurt dip e.g. raita



1-3 tbsp cheese sauce



1/2-1 tbsp cottage cheese



5-7 tbsp dairy dessert e.g. custard



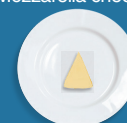
3 tablespoons of plain yogurt



1-3 slices Mozzarella cheese



2 small pots (60ml each) fromage frais



1 cheese triangle



1 pot (120g) soya-based dessert (with calcium)



100-120ml cow's milk or breastmilk as a drink

2-a-day

Protein Foods

*3 portions if child is vegetarian

(Beans, pulses, fish, eggs, meat and other proteins)

Examples of portion sizes:



1/2 -1 slice of beef or lamb



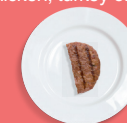
1/2 -2 tbsp shellfish



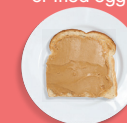
1/2-2 small slices of chicken, turkey or pork



1/2-1 poached, boiled, or fried egg



1/4 -1 burger



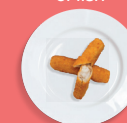
peanut butter on bread/toast



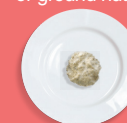
1/4 -1 small fillet of fish



1-2 tbsp chopped or ground nuts



1-2 fish fingers



1-2 tbsp houmous



1/2-1 1/2 tbsp canned fish



2-3 tbsp baked beans