

# Child Portion Sizes

Do you know how much your child should be eating?  
Here's a handy guide you might find useful.

**Handful**

**Starchy Foods**

**Fruit & Veg**

**Palm**

**Protein**

**Oils and Spreads (teaspoon)**

**Dairy and Milk\***

**Milk**

**Age 1 to 4:**  
100ml - 150ml of whole milk or semi skimmed from age 2 (if a good eater)

**Age 5+:**  
130ml - 150ml of semi-skimmed milk

**Cheese**

**Age 1 to 5+:**  
Hard cheese 15g - 20g or 1 tablespoon  
Soft cheese 20g - 25g (one triangle is 18g)

**Yoghurt**

**Age 1 - 4** 60g  
**Age 5+** 100g - 125g

Your child's hand is a useful way to measure portion sizes for them

- **Palm** = 1 portion of protein
- **Handful** = 1 portion of fruit, veg or starchy foods
- **Teaspoon** = 1 portion of oil or low fat spread

As your child grows, this is still the best guide to portion sizes - adults too!

\*If your child has an allergy to dairy food, please see your health professional for guidelines.

This leaflet is basic guidance for ages 1 and over. For more information and guidelines on introducing solid foods please go to:

[www.haltonhealthimprovement.co.uk/project/introducing-solid-foods](http://www.haltonhealthimprovement.co.uk/project/introducing-solid-foods)

# How many portions should my child be eating?

Food Group	What foods are included?	How much each day?
<b>Fruit and Veg</b>	Fresh, frozen, canned or dried fruit or veg. Fruit juice.	At least <b>5 portions a day</b> of different fruit and veg. Limit fruit juice to one portion of up to 150ml a day.
<b>Carbohydrate (starchy foods)</b>	Bread, crumpets, pasta, rice, tortilla wraps, pitta bread, potatoes, crackers, cereal, noodles & porridge.	<b>1 or 2 portions</b> with each of the 3 main meals per day, plus up to 2 snacks
<b>Protein</b>	Beef, pork, lamb, mince, fish, chicken, quorn, eggs, nuts & baked beans.	<b>2 portions a day (3 for vegetarians)</b> Try to include some oily fish such as mackerel or salmon.
<b>Milk and Dairy</b>	age 1-2 3-4 portions a day (Mainly Whole (full fat) Milk age 2 4: 2 - 3 Portions a day age 5+ 3 portions a day See overleaf for more details about portion sizes.	
<b>Oils and Spreads</b>	Vegetable oil, olive oil, rapeseed oil, low fat spreads	<b>One teaspoon</b>
<b>Saturated Fats and Sugars</b> We don't need these in our diet. If you do give these to your child, keep to a minimum and only as an occasional treat.		
<b>Water</b> Water is a good choice throughout the day as it hydrates without providing extra calories or risking harm to teeth. Age 1 - 2, the main source of liquid should be milk as they need the calories.		

**For more information call us on:**

**0300 029 0029**

(calls cost the same as calling a landline, even from a mobile)

**[www.haltonhealthimprovement.co.uk](http://www.haltonhealthimprovement.co.uk)**

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