

How big is a portion?

Portion sizes for under 5's recommended by HENRY (Health Exercise Nutrition for the Really Young)

Meal Pattern	Serve the amounts below for each meal (3 small meals plus 2 snacks per day)		
	9mths – 2yrs	2yrs – 3yrs	3yrs – 5yrs
<p>3 portions a day of</p> <p>Meat, fish, eggs, beans and non other dairy protein</p> 	<p>½ - 1 tbsp finely chopped meat or fish with gravy/sauce or 1 egg or 1 tbsp baked beans</p>	<p>1 ½ tbsp chopped meat or fish or 1 fish finger or 1 egg or 1-2 tbsp baked beans</p>	<p>1 slice of meat or 1 piece of fish or 1 egg or 1-2 fish fingers or 2 tbsp baked beans</p>
<p>5 portions a day of (1 portion is about a child's handful)</p> <p>Fruit</p>  <p>or</p> <p>Vegetables</p> 	<p>½ small apple or pear or 1 small plum or 1 small slice of melon or 2-3 strawberries or grapes or 1 tbsp soft or mashed vegetables e.g. carrots, courgettes or broccoli</p>	<p>½ apple or pear or 1 small plum or 1 slice of melon or 4-5 strawberries or grapes or 1-2 tbsp vegetables or 1 small salad</p>	<p>1 small apple or pear or 1 small plum or 1 slice of melon or 6 strawberries or grapes or 2-3 tbsp vegetables or 1 small salad</p>
<p>3-4 portions a day of</p> <p>Bread rice, potatoes, pasta and other starchy foods</p> 	<p>½ - 1 slice bread or 1 tbsp mashed potato or rice or 3-4 chips or 1 tbsp porridge or cereal</p>	<p>1 slice bread or 1-2 tbsp mashed potato, pasta or rice or 5-6 chips or 1-2 tbsp porridge or cereal</p>	<p>1 slice bread or 2-3 tbsp mashed potato, pasta or rice or 6-8 chips or 2-3 tbsp porridge or cereal</p>
<p>3 portions a day of</p> <p>Milk and dairy foods – no more than 1 pint milk (600mls) each day</p> 	<p>3 dice-size pieces of cheese or 2 tbsp yoghurt or custard or 1 cup full fat milk (from 12 months)</p>	<p>4 dice-size pieces of cheese or 3 tbsp yoghurt or custard or 1 cup full fat milk or semi-skimmed milk</p>	<p>5 dice-size pieces of cheese or 1 small carton yoghurt or 1 cup full fat milk or semi-skimmed milk</p>
<p>0-2 portions a day</p> <p>Foods and drinks high in fat and/or sugar</p> 	<p>1 biscuit or Small piece of cake</p>	<p>1 biscuit or Small piece of cake</p>	<p>2 biscuits or Medium piece of cake</p>