






## A guide to toddler portion sizes

The Five Food Groups	One toddler-size portion is about:
<p><b>Bread, rice potatoes, pasta and other starchy foods</b></p> <ul style="list-style-type: none"> <li>offer at every meal and at some snacks</li> <li>choose whole grain often</li> </ul> 	<ul style="list-style-type: none"> <li>½ - 1 slice wholegrain or white breads, muffin, roll or pancake</li> <li>3-6 heaped tablespoons of wholegrain or fortified breakfast cereals without sugar coating. There is no need to add extra sugar – sweeten naturally with dried or fresh fruit instead</li> <li>5-8 tablespoons of hot cereals like porridge made up with milk</li> <li>2-5 tablespoons of rice or 1-3 heaped tablespoons of pasta</li> <li>½ - 1½ egg sized potatoes or 1-3 tablespoons of mashed potatoes</li> <li>½ - 3 crispbreads or 1-3 crackers</li> </ul>
<p><b>Fruit and vegetables</b></p> <ul style="list-style-type: none"> <li>offer at each meal and some snacks</li> </ul> 	<ul style="list-style-type: none"> <li>¼ - ½ apple, orange, pear or banana</li> <li>3-10 small berries or grapes</li> <li>2-4 tablespoons raw, freshly cooked, stewed or mashed fruit</li> <li>1-3 tablespoons raw or cooked vegetables, especially dark green, orange and yellow ones</li> </ul>
<p><b>Milk, cheese and yoghurt</b></p> <ul style="list-style-type: none"> <li>3 toddler portions per day</li> <li>no bottles of milk</li> </ul> 	<ul style="list-style-type: none"> <li>3-4oz (100-120ml) whole cow's milk as a drink</li> <li>1 small pot (125ml) yoghurt or fromage frais</li> <li>2-4 tablespoons grated cheese</li> <li>Cheese in a sandwich or on a piece of pizza</li> <li>3-6 tablespoons custard or a milk pudding</li> <li>Give whole milk rather than lower fat milks from 12 months of age until at least two years of age, from a cup or beaker</li> </ul>
<p><b>Meat, fish, eggs, nuts and pulses</b></p> <ul style="list-style-type: none"> <li>2 to 3 toddler portions per day</li> </ul> 	<ul style="list-style-type: none"> <li>2-4 tablespoons ground, chopped or cubed lean meats, fish or poultry</li> <li>½ - 1 whole egg</li> <li>2-4 tablespoons whole or mashed pulses (peas, beans, lentils, hummus, dahl)</li> <li>½ - 1 tablespoons peanut butter or 1-2 tablespoons ground chopped nuts</li> </ul>
<p><b>Food and drinks high in fat and sugar</b></p> <ul style="list-style-type: none"> <li>only include very small amounts</li> </ul> 	<ul style="list-style-type: none"> <li>1 digestive biscuit or 1-2 small biscuits</li> <li>1 small slice cake</li> <li>1 teaspoon butter, mayonnaise or oil</li> <li>1 teaspoon jam, honey or sugar</li> <li>3-4 crisps or sweets</li> <li>1 small fun-sized chocolate bar</li> </ul>