



# 5532-a-day

Perfect portions for little tums (1-4 years)

## Drinks

Offer 6-8 drinks a day, mostly water

Examples of foods and children's portion sizes:

### 5 -a-day Starchy Foods (Potatoes, bread, rice & pasta)

- 1/2-1 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 (or more) Fruit & Vegetables

- 2-6 carrot sticks
- 1/4-1 banana
- 3-10 grapes (halved)
- 1/2-2 tbsp peas
- 1/2-2 tbsp broccoli

### 3 -a-day Dairy Foods (Milk, cheese & yogurt)

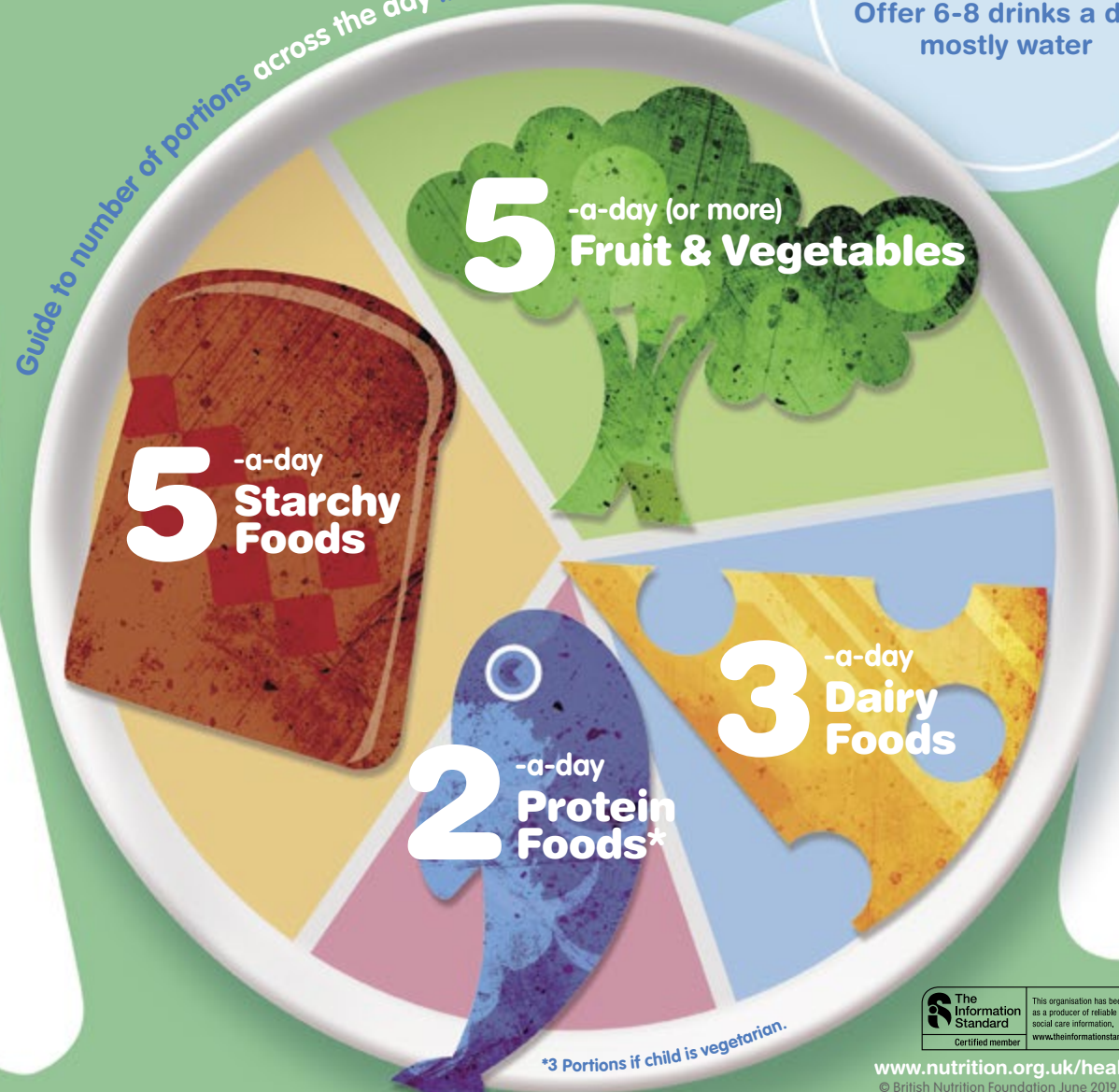
- 1 beaker of milk (100-120ml)
- 1 pot of yogurt (125ml)
- 1 cheese triangle

### 2 -a-day Protein Foods 3 portions if child is vegetarian (Beans, pulses, fish, eggs, meat and other proteins)

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

See overleaf for more examples...

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



2 -a-day Protein Foods\*

\*3 Portions if child is vegetarian.



This organisation has been certified as a producer of reliable health and social care information, www.theinformationstandard.org



BRITISH NUTRITION FOUNDATION

www.nutrition.org.uk/healthyliving/toddlers  
© British Nutrition Foundation June 2019. Next review due June 2022.

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.



# 5 -a-day

## Starchy Foods

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

Examples of portion sizes:


# 5 -a-day (or more)

## Fruit & Vegetables

Examples of portion sizes:


# 3 -a-day

## Dairy Foods

(Milk, cheese, yogurt and non dairy alternatives)

Examples of portion sizes:


# 2 -a-day

## Protein Foods\*

\*3 portions if child is vegetarian

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

Examples of portion sizes:
