

## PORTION SIZES FOR CHILDREN AGED 1-3

We recommend 3 meals and 3 snacks each day and Prohealth Vitamin D3 drops, available from your local health centre.

### MILK AND DAIRY – have 3 portions from this list each day.

$\frac{1}{3}$  Pint of semi skimmed milk – children under 2 should have full fat milk

1 cheese triangle

Small pot of yoghurt



### FRUIT AND VEGETABLES – have 3-5 portions from this list each day

$\frac{1}{2}$ -1 piece of fresh fruit e.g. apple, banana or orange

1-2 tablespoons stewed/tinned fruit

1-2 tablespoons of vegetables

Small glass fruit juice – dilute with water

Small side salad

### MEAT, FISH AND ALTERNATIVES – have one of these at lunch and dinner

3 tablespoons baked beans

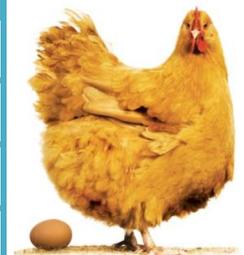
1 fish finger

2 chicken nuggets

1 egg

1 grilled sausage

1-2 tablespoons chopped lean meat: chicken, turkey or fish with gravy or sauce



### BREAD, CEREALS AND POTATOES – include a portion of these at every meal

3 tablespoons of breakfast cereal

1-2 egg sized potatoes

1 Weetabix

$\frac{1}{2}$  medium baked potato

1 slice of bread or toast

2-3 tablespoons boiled rice

$\frac{1}{2}$  - 1 roll

3 tablespoons boiled pasta



### FATS

Try to limit these to no more than 1 teaspoon of margarine, mayonnaise or butter per day.

## MY SAMPLE MEAL PLAN

Fruit and vegetables are important for health - Try to eat 3-5 portions each day

	OPTIONS	MY CHOICES
Breakfast	Cereal with semi-skimmed milk <u>or</u> Toast or bread with low fat spread <b>Diluted fruit juice, milk or water</b>	
Snack	Fresh fruit, vegetable sticks, plain biscuit, crackers, mini scotch pancake with spread <b>Milk or water</b>	
Midday Meal	Toast, baked potato, tortilla wraps, pitta bread or bread sandwich. <i>Suitable fillings: meat, fish, eggs, cheese, hummus or baked beans</i> <b>Milk or water</b>	
Snack	Fresh fruit, vegetable sticks, low-fat yoghurt, breadsticks, sliced cherry tomatoes or 2-3 small cubes of cheese <b>Milk or water</b>	
Evening Meal	Meat, fish, cheese, eggs, beans, pulses + bread, chapattis, rice, potatoes or pasta + vegetables or salad Fresh fruit, low fat pudding, diet or light yoghurt <b>Reduced or low sugar squash, milk or water</b>	
Bedtime Snack	Cereal with semi-skimmed milk Toast or bread with low fat spread <b>Reduced or low sugar squash, milk or water</b>	