

PORTION SIZES FOR CHILDREN AGED 3-5

We recommend 3 meals and 3 snacks each day

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

$\frac{1}{3}$ Pint of semi skimmed milk

1 cheese triangle

Small pot of yoghurt



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

1 piece of fresh fruit e.g. an apple, a banana, an orange, 4 strawberries or 6 grapes.

2-3 tablespoons stewed/tinned fruit

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

4-5 tablespoons baked beans

2 fish fingers

3-5 tablespoons minced lean meat

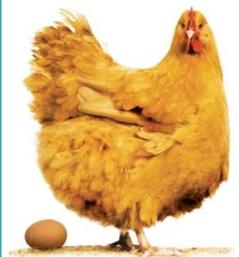
3-4 chicken nuggets

1 medium grilled sausage

1 small fish fillet

1-2 small slices lean ham, turkey or chicken

1-2 eggs



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

3-6 tablespoons breakfast cereal

2 egg sized potatoes

1 – 1½ Weetabix

½ medium baked potato

1-2 slices of bread or toast

3-4 tablespoons boiled rice

½ - 1 roll

4-6 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 5 portions each day

It is recommended that all children under 4 years are given Prohealth Vitamin D3 drops, available from your local health centre.

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