

## PORTION SIZES FOR CHILDREN AGED 11-14

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 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 tablespoons stewed/tinned fruit

2 tablespoons of vegetables

Small glass fruit juice

Small side salad

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

7 tablespoons baked beans

3 fish fingers

4-5 oz white fish or tuna in brine

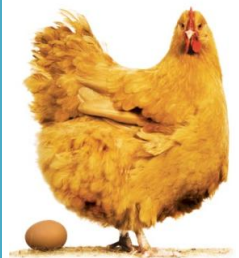
5 chicken nuggets

2 eggs

1 oz peanut butter

3-4 oz lean meat: chicken, turkey or oily fish

3 grilled sausages



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

6 tablespoons breakfast cereal

3-4 egg sized potatoes

2 Weetabix

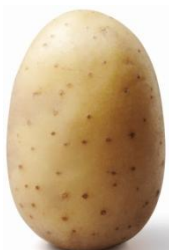
1 medium baked potato

2 slices of bread or toast

4-6 tablespoons boiled rice

1 roll

6-8 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

	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 <b>Reduced or low sugar squash, milk or water</b>	
Midday Meal	Toast, baked potato, tortilla wraps, pitta bread or bread sandwich <b>Suitable fillings: meat, fish, eggs, cheese, hummus, peanut butter, baked beans</b> <b>Reduced or low sugar squash, milk or water</b>	
Snack	Fresh fruit, vegetable sticks, diet or light yoghurt <b>Reduced or low sugar squash, 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>	
	Cereal with semi-skimmed milk Toast or bread with low fat spread <b>Reduced or low sugar squash, milk or water</b>	