

Food	Hand Portion	Guide for 1-2 years	Guide for 3-4 years
<p>Fruit and vegetables</p> <p>5 a day</p>	<p>Cupped hand</p> 	<ul style="list-style-type: none"> - ¼ apple - ½ clementine - ¼-½ small to medium banana - 4-5 raw veg sticks - 1 tbsp cooked veg 	<ul style="list-style-type: none"> - ½ apple - 1 clementine - ½- 1 small to medium banana - 5-6 raw veg sticks - 2 tbsp cooked veg
<p>Potatoes, bread, rice, pasta, and other starchy foods</p> <p>3 main meals 1-2 snacks</p>	<p>Clenched fist</p> 	<ul style="list-style-type: none"> - ½ slice of bread/medium chapatti - 1 small potato - 2-3 tbsp of rice/pasta - 3-4 tbsp of cereal 	<ul style="list-style-type: none"> - 1 slice of bread/medium chapatti - 2 small potatoes - 3-4 tbsp of rice/pasta - 4-5 tbsp of cereal
<p>Beans, pulses, fish, eggs, meat and other proteins</p> <p>2-3 a day</p>	<p>Open palm</p> 	<ul style="list-style-type: none"> - 1-2 tbsp beans, pulses, dahl - ½ -1 tbsp fish - ½ slice of meat (1 tbsp chopped) - ½ egg 	<ul style="list-style-type: none"> - 2-3 tbsp beans, pulses, dahl - 1-1½ tbsp fish - 1 slice of meat (2 tbsp chopped) - 1 egg
<p>Dairy and alternatives</p> <p>3 a day</p>	<p>Two thumbs</p> 	<ul style="list-style-type: none"> - 1 cup (100ml) - 1-2 sticks hard cheese (1 tbsp grated) - 1 tbsp of plain unsweetened yoghurt 	<ul style="list-style-type: none"> - 1 cup (150ml) - 2 sticks hard cheese (2 tbsp grated) - 2 tbsp of plain unsweetened yoghurt

Food	Portion	Guide for 1-2 years	Guide for 3-4 years
Oils and spreads		<p>Fats are a good source of energy and fat soluble vitamins and a low fat diet is not recommended for young children.</p> <p>Healthier fats such as olive, rapeseed and sunflower oils, and spreads made from these vegetable oils, can be used.</p>	
Sometimes foods (pastry, cakes, biscuits, sweets, crisps, chocolate)	Occasional and in small amounts	<ul style="list-style-type: none"> - 1 sml piece of cake (to fit into a child's cupped hand) - ½ -1 plain biscuit - Crisps (to fit into a child's cupped hand. Approx 1/3 small packet) - Chocolate (to cover a child's palm. Approx. 1-2 squares) 	<ul style="list-style-type: none"> - 1 sml piece of cake (to fit into a child's cupped hand) - ½ -1 plain biscuit - Crisps (to fit into a child's cupped hand. Approx 1/3 small packet) - Chocolate (to cover a child's palm. Approx. 2-3 squares)
Healthy snacks		<p>Keep portions small to avoid putting your child off their next meal. Try:</p> <ul style="list-style-type: none"> - Starchy foods such as breadsticks, bread, pitta, chapatti, low salt crackers, crumpet and oatcakes - Fruits and vegetables at some snacks - Protein rich foods such as cheese, beans, cold meat, quartered eggs, hummus occasionally 	
Drinks	6-8 cups a day	<p>Aim to include only water and milks as these are kind to teeth.</p> <ul style="list-style-type: none"> - Milk can be offered between meals and counted as part of the dairy foods but be aware that this can put some children, with small appetites, off their meals - Fruit juice is best avoided, even when diluted, as it contains a lot of sugar and is acidic, which can both damage teeth - Avoid all soft drinks (squash, fruit drinks and fizzy drinks), even low sugar varieties, as they can still damage teeth 	