







# Hand size portion guide for age 1-3 years


This chart gives a guide to the size of portions of a range of everyday foods. It can be used to help visualise approximate portions for different foods for meals based on your **own child's** hand size. Children do not eat exactly the same amount every day, but it should average out over a week or so.


FOOD GROUP	PORTION	1-2 YEAR OLDS	2-3 YEAR OLDS
Fruit & Vegetables	<b>5 a day</b> <b>Handful</b>	½ sliced small apple	½ large sliced apple
		1 tablespoon canned fruit (in juice) 1 tablespoon cooked vegetables 5 quartered grapes 4 cooked carrot sticks	2 tablespoons canned fruit (in juice) 2 tablespoons cooked vegetables 8 halved grapes 6 carrot sticks

Bread, Rice, Potatoes, Pasta	<b>4-5 a day</b> <b>Fist size</b>	Half a slice of bread	1 thin slice of bread
		3 tablespoons dry cereal 1 egg sized potato 1 tablespoon cooked pasta 1 heaped tablespoon cooked rice	4 tablespoons dry cereal 2 egg sized potatoes 1 tablespoon cooked pasta 1 heaped tablespoon cooked rice

Beans, pulses, fish, eggs, meat & other proteins	<b>2-3 a day</b> <b>Palm size</b>	1 small slice chicken	1 slice chicken
		Half — 1 fish finger 1 small egg 1 tablespoon beans/lentils	1.5- fish fingers 1 egg 2 tablespoons beans/lentils 1 thin sausage

FOOD GROUP	PORTION	1-2 YEAR OLDS	2-3 YEAR OLDS
Milk & Dairy	<b>3 a day</b> <b>Size of first two fingers</b>	1 cup milk (150ml)	1 cup semi skimmed milk (150ml)
		1 tablespoon unsweetened yogurt 2 small sticks hard cheese	2 tablespoons unsweetened yogurt 2 sticks hard cheese

Healthier fats for cooking and spreading	<b>3 a day</b> <b>Thumb size</b>	Half a teaspoon of olive, vegetable or sunflower oil or spread	1 teaspoon of olive, vegetable or sunflower oil or spread
			

Specific meals-lasagne, fish pie, pizza		Less than a quarter of an adult portion	Quarter of an adult portion

Children do not need any of the foods shown below that are high in sugar and fat. Offer them to your child less often and in small amounts. The following suggests age-appropriate portion sizes.			
High-fat, high-sugar foods	Occasionally	1 small piece of cake	1 medium piece of cake
		1 small plain biscuit	1 plain biscuit
		1 tablespoon ice cream	2 tablespoons ice cream