








Hand size portion guide for 4-5 year olds

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	4-5 YEAR OLDS
Fruit & Vegetables	5 a day Handful 	1 apple, banana, pear 1 small box of raisins 3-6 strawberries/cut into quarters 3 tablespoon canned fruit (in juice) 3 tablespoons cooked or raw vegetables
Bread, Rice, Potatoes, Pasta	5 a day Fist size 	1 medium/thick slice of bread 5 tablespoons dry cereal 2 heaped tablespoons cooked rice 2 heaped tablespoons pasta, 2 egg sized potatoes 1-2 wheat biscuits 3 cream crackers/breadsticks
Beans, pulses, fish, eggs, meat & other proteins	2-3 a day Palm size 	2 slices chicken, beef 2—2.5 fish fingers 2 x thin sausages 1 egg 3 tablespoons beans/lentils 1 tablespoons of homous

FOOD GROUP	PORTION	4-5 YEAR OLDS
Milk & Dairy	3 a day Size of first two fingers 	1 cup semi skimmed milk (150ml) 2 mini pots of fromage frais 1 yoghurt pot (85g) 3-4 dice size pieces of cheese
Healthier fats for cooking and spreading	3 a day Thumb size 	1 teaspoon of olive, vegetable or sunflower oil or spread
Specific meals	Half an adult portion	Lasagne, fish pie, cottage pie, pasta bake, risotto, pizza, quiche

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 digestive biscuit or 2 small biscuits 1 small packet of crisps 1 small fun sized choc bar 1 1/2—2 teaspoon of jam or honey
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