

Portion Guide

Everyone needs a healthy balance but understanding how much of each food group to put into lunch boxes can be difficult. Portions seem to be getting larger! To ensure children do not have the same amount of food as an adult, it is important to think about what portion is right for them. The correct portion will make sure they have enough energy to learn and play but also stay a healthy weight.

When we eat more than our bodies need, it will be stored as fat. The information below is a guide for 4 – 11 year olds.

Fruit – grapes, kiwi, melon, apple, strawberries, banana, fruit salad, fruit kebab, tinned fruit in juice or dried fruit.

PORTION SIZE

- **Dried fruit – one dessert spoon**
- **Fresh or tinned fruit – one child's handful**

Vegetables – carrot, pepper or cucumber sticks, grated carrot, cherry tomatoes, vegetables such as peas or sweetcorn as part as a salad

PORTION SIZE

- **One child's handful**

Starchy food – wholemeal bread/half and half bread, rice pasta, wraps, couscous, potatoes, pitta.

PORTION SIZE

- **Two slices of bread from a medium sized loaf**
- **One medium pitta**
- **One wrap**
- **Child's fist size of cooked rice or pasta**
- **Two or three egg sized potatoes**

Dairy – yoghurt (low sugar varieties), fromage frais, cheese spread, cheese portions, rice pudding, soft cheese.

PORTION SIZE

- **125g pot of yoghurt, fromage frais or rice pudding**
- **Small matchbox (30g) size piece of cheese**
Ensure dairy replacements have added calcium in them

Protein – Meat, beans, fish, eggs – lean cooked ham, chicken, boiled eggs, beef, chickpeas, tuna, mackerel, lentils, quorn, tofu, kidney beans or broad beans.

PORTION SIZE

- **One child's palm size, thickness of the little finger**