

# Portion sizes for children aged 5 and under



| Food group  | Portion size |
|---|--------------|
| <b>A variety of fruit and vegetables (at least 5 portions each day)</b> |              |
| Cooked and raw  | 40g          |
| <b>Carbohydrates (4 portions each day)</b>                              |              |
| Cooked rice, pasta and potatoes   | 80g          |
| Bread   | 25g          |
| Average sized potato  | 1            |
| <b>Dairy and alternatives (3 portions each day)</b>                     |              |
| Milk  | 150ml        |
| Cheese (sliced or grated)   | 15g          |
| Cottage cheese  | 30g          |
| Plain yoghurt   | 60g          |
| <b>Protein (2 portions each day)</b>                                    |              |
| Baked beans   | 55g          |
| Egg   | 55g          |
| Meat, fish and poultry  | 40g          |
| Most pulses and hummus  | 40g          |