

How big is a PORTION?

MEAL PATTERN
3 small meals
plus 2 snack times

The HENRY Guide to portion sizes for the under 5's



MEAT, FISH, EGGS, BEANS & OTHER NON-DAIRY PROTEIN

9 months - 2 years

0.5-1 tbsp finely chopped meat or fish
1 egg, 1 tbsp baked beans

2 years - 3 years

1.5 tbsp chopped meat or fish
1 fish finger, 1 egg, 1-2 tbsp baked beans

3 years - 5 years

1 slice meat, 1 piece fish, 1 egg,
1-2 fish fingers, 2 tbsp baked beans



FRUIT (1 PORTION IS ABOUT A CHILD'S HANDFUL)

9 months - 2 years

Half a small apple or pear, 1 small plum
Small slice of melon, 2-3 grapes or strawberries

2 years - 3 years

Half an apple or pear, 1 small plum
1 slice of melon, 4-5 grapes or strawberries

3 years - 5 years

1 small apple or pear, 1 small plum
1 slice of melon, 6 grapes or strawberries



VEGETABLES

9 months - 2 years

1 tbsp vegetables
(carrots, courgettes,
broccoli, tomato)

2 years - 3 years

1-2 tbsp vegetables
1 small chopped salad

3 years - 5 years

2-3 tbsp vegetables
1 small salad



BREAD, RICE, POTATOES, PASTA & OTHER STARCHY FOODS

9 months - 2 years

0.5-1 slice bread, 1 tbsp potato, rice or
pasta, 3-4 chips, 1 tbsp porridge or cereal

2 years - 3 years

1 slice bread, 1-2 tbsp mashed potato, rice
or pasta, 5-6 chips, 1-2 tbsp porridge or cereal

3 years - 5 years

1 slice bread, 2-3 tbsp mashed potato, rice
or pasta, 6-8 chips, 2-3 tbsp porridge or cereal



MILK & DAIRY FOODS - NO MORE THAN 1 PINT (500ml) EACH DAY

9 months - 2 years

3 dice-size pieces of cheese, 2 tbsp
yoghurt or custard, 1 cup full fat milk
(from 12 months)

2 years - 3 years

4 dice-size pieces of cheese, 3 tbsp
yoghurt or custard, 1 cup full fat or
semi-skimmed milk

3 years - 5 years

5 dice-size pieces of cheese, 1 small carton
yoghurt, 1 cup full fat or semi-skimmed milk



FOOD & DRINK HIGH IN SUGAR &/OR FAT

9 months - 2 years

1 plain biscuit
Small piece of cake

2 years - 3 years

1 biscuit
Small piece of cake

3 years - 5 years

2 biscuits
Medium piece of cake

One item in each food group makes a portion. The amounts are given in tablespoons (tbsp.)
Children's appetites vary from day to day and they are less likely to overeat when they are given child-sized
portions (adapted from Nutritional Guidance for Early Years-Scottish Government Publication).