



5532-a-day

Perfect portions for toddler tums

Drinks

Offer 6-8 drinks a day

Examples of foods and toddler portion sizes:

5 -a-day Starchy Foods (Potatoes, bread, rice & pasta)

- 1/2-1 slice bread
- 1-2 rice cakes or oat cakes
- 3-5 tbsp breakfast cereal
- 1-3 tbsp mashed potato
- 2-4 tbsp cooked pasta/rice

5 -a-day Fruit & Vegetables

- 1/2-2 tbsp raisins
- 1/4-1 banana
- 3-8 grapes
- 1/2-2 tbsp peas
- 1/2-2 tbsp broccoli

3 -a-day Dairy Foods (Milk, cheese & yogurt)

- 1 beaker of milk (100ml)
- 1 pot of yogurt (125ml)
- 1 cheese triangle

2 -a-day Protein Foods

3 portions if child is vegetarian
(Meat, fish, eggs, beans & nuts)

- 2-3 tbsp chickpeas, kidney beans, dhal, lentils or beans
- 2-4 tbsp cooked minced meat

See overleaf for more examples...

Guide to number of portions across the day in meals and snacks



*3 Portions if child is vegetarian.



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BRITISH NUTRITION FOUNDATION

www.nutrition.org.uk/healthyliving/toddlers

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Your toddler needs a variety of foods from the 4 main food groups.

Each day offer about:

- 5 portions of starchy foods
- 5 portions of fruit & veg
- 3 portions of dairy foods
- 2 portions of protein foods (or 3 if vegetarian)

These foods can be offered as meals and snacks. This handy chart gives examples of portion sizes as a guide, but these will vary for toddlers of different ages and appetites.

Children's food preferences and appetites vary from day to day so let your toddler decide how much to eat and keep offering new foods alongside familiar favourites.

Fats and oils contain essential nutrients and small amounts can be included in toddlers' diets – use butter and spreads sparingly and small amounts of oil in cooking.

Children under 5 should have a daily supplement of vitamins A, C and D – ask your GP, health visitor or pharmacist for more information.

You can offer small portions of sweet foods (e.g. chocolate, biscuits, cakes) or salty snack foods (e.g. crisps, corn snacks) occasionally but these shouldn't be a regular part of a toddler's everyday foods.

Offer 6-8 drinks per day.
Water is a good choice.



5 -a-day

Starchy Foods

(Potatoes, bread, rice & pasta)
Examples of portion sizes:



1/4-1/2 pitta bread



1-2 plain breadsticks



1-2 rice/oat cakes



2-4 potato wedges



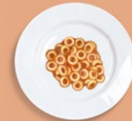
3-5 tbsp breakfast cereal



2-4 tbsp cooked rice



1/2-1 chapati



2-4 tbsp canned spaghetti hoops



2-4 tbsp cooked couscous



1/4-1/2 medium boiled or baked potato



1/2-1 scotch pancake



1/2-1 scone

5 -a-day

Fruit & Vegetables

Examples of portion sizes:



1/4-1/2 medium apple



3-8 strawberries



1/4-1/2 peach



1-3 cherry tomatoes



1/4-1/2 medium orange



1/2-2 tbsp cooked vegetables



1/2-1 clementine



2-6 vegetable sticks



2-4 tbsp canned fruit



1-3 button mushrooms



1/2-2 tbsp roasted vegetables



1/2-2 tbsp sweetcorn

3 -a-day

Dairy Foods

(Milk, cheese & yogurt)

Examples of portion sizes:



2-3 tbsp grated cheese



2-4 tbsp rice pudding



1-3 tbsp yogurt dip e.g. raita



1-3 tbsp cheese sauce



1 cheese ball



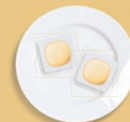
5-6 tbsp dairy dessert e.g. custard



100ml yogurt drink



1-3 slices Mozzarella cheese



2 small pots (60ml each) fromage frais



2 small yogurt tubes



1 pot (120g) soya-based dessert (with calcium)



100ml cow's milk, breastmilk or formula as a drink

2 -a-day

Protein Foods*

*3 portions if child is vegetarian

(Meat, fish, eggs, beans & nuts)

Examples of portion sizes:



1/2-1 slice of beef, lamb or pork



1/2-2 tbsp shellfish



1/2-1 slice of chicken or turkey



1/2-1 poached, boiled, or fried egg



1/4-1 burger without bun



peanut butter on bread/toast



1/4-1 small fillet of fish



1-2 tbsp chopped or ground nuts



1-2 fish fingers



1-2 tbsp hummus



1/2-1 1/2 tbsp canned fish



2-3 tbsp baked beans