

How Much is a Portion?

Many mothers ask this question and are concerned as to whether their children are eating properly.

Toddlers have small stomachs so providing 3 small meals and 2-3 snacks per day will let them eat the food they need.

- Servings recommended below will provide your toddler with the variety of foods needed for healthy growth and brain development.
- An easy guide to judge portion size is the size of the palm of your child's hand.

Portion Guide:

Milk and Dairy – strong bones and teeth

2-3 servings per day

Examples

- 1 glass of milk
- 1 pottle yoghurt
- 2 slices cheese

Breads and Cereals

3-4 servings per day

Examples

- 1 thin slice bread
- 1 weetbix
- ½ cup breakfast cereal
- ½ cup pasta
- 2 crackers or plain biscuits

Meat, Fish and Poultry, Eggs

At least 2 servings per day

Examples

- 1 egg
- Palm sized piece of meat, fish, chicken
- 2-3 tablespoons mince, stew
- 2-3 tablespoons beans

Fruit and Vegetables

4-5 servings per day

Examples

- 2 tablespoons or palm sized quantity of fruits and vegetables

However do not be alarmed if your toddler does not finish all the food on their plate.

Healthy Nibbles for Tots

Nutrition and Physical Activity Information for Under 5s

For more information visit: www.cph.co.nz

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