

Portion Sizes

Our plate sizes are bigger than they used to be. Big plates encourage us to eat more. We eat what's on our plates before we know we are full.

A small, full plate looks like there is more food than a large, half-empty plate.

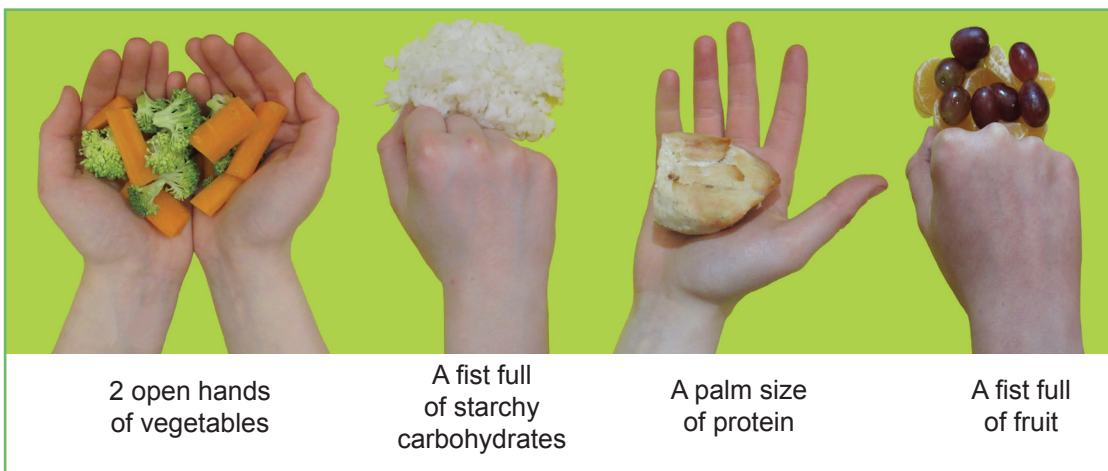
It can be hard to work out how much you should be eating.

Your child's hands are perfect for measuring the right portion size for them.

A small child has smaller hands and a smaller tummy.

Older teenagers may need the same portion size as an adult.

Use your child's hand as a portion guide for the main food groups



A balanced meal has some vegetables, starchy foods and protein

