

## PORTION SIZES FOR CHILDREN AGED 5-10

We recommend 3 meals and 3 snacks each day

### MILK AND DAIRY – have 3 portions from this list each day.

$\frac{1}{3}$  Pint of semi skimmed milk

1 cheese triangle

Small pot of yoghurt



### FRUIT AND VEGETABLES – have 5 portions from this list each day

1 piece of fresh fruit e.g. an apple, a banana, an orange,  
4 strawberries or 6 grapes

2 tablespoons stewed/tinned fruit

2 tablespoons of vegetables

Small glass fruit juice

Small side salad

### MEAT, FISH AND ALTERNATIVES – have one of these at lunch and dinner

5 tablespoons baked beans

2 fish fingers

3-4 oz white fish or tuna in brine

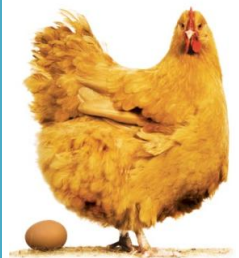
4 chicken nuggets

2 eggs

1 oz peanut butter

2-3 oz lean meat: chicken, turkey or oily fish

2 grilled sausages



### BREAD, CEREALS AND POTATOES – include a portion of these at every meal

6 tablespoons breakfast cereal

3 egg sized potatoes

2 Weetabix

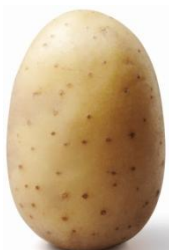
1 medium baked potato

2 slices of bread or toast

4 tablespoons boiled rice

1 roll

6 tablespoons boiled pasta



### FATS

Try to limit these to no more than 1 teaspoon of margarine, mayonnaise or butter per day.

# MY SAMPLE MEAL PLAN

Fruit and vegetables are important for health - Try to eat 5 portions each day

|              | OPTIONS  | MY CHOICES |
|--------------|--|------------|
| Breakfast    | Cereal with semi-skimmed milk <u>or</u><br>Toast or bread with low fat spread<br><b>Diluted fruit juice, milk or water</b>   |            |
| Snack        | Fresh fruit, vegetable sticks, plain biscuit,<br>crackers<br><b>Reduced or low sugar squash,<br/>milk or water</b>   |            |
| Midday Meal  | Toast, baked potato, tortilla wraps, pitta<br>bread or bread sandwich<br><br>Suitable fillings: meat, fish, eggs, cheese,<br>hummus, peanut butter, baked beans<br><b>Reduced or low sugar squash,<br/>milk or water</b>           |            |
| Snack        | Fresh fruit, vegetable sticks, diet or light<br>yoghurt<br><b>Reduced or low sugar squash,<br/>milk or water</b>   |            |
| Evening Meal | Meat, fish, cheese, eggs, beans, pulses<br>+ bread, chapattis, rice, potatoes or pasta<br>+ vegetables or salad<br>Fresh fruit, low fat pudding, diet or light<br>yoghurt<br><b>Reduced or low sugar squash,<br/>milk or water</b> |            |
|              | Cereal with semi-skimmed milk<br>Toast or bread with low fat spread<br><b>Reduced or low sugar squash,<br/>milk or water</b>   |            |