



A guide for parents and carers

Food Portion Book For 1-4 year olds



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Food Portion Book

The Food Portion Book is a visual resource to illustrate the portion sizes of individual foods for children aged one to four years from the following groups:

- **Fruit and vegetables**
- **Bread, rice, potatoes, pasta and other starchy foods**
- **Milk and dairy foods**
- **Meat, fish, eggs, beans, and other non-dairy sources of protein**

The Food Portion Book can be used by those who support children and their families to eat well. It is visual book and therefore has uses with both children and adults, across the population groups

The Food Portion Book was developed by:

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Feeding children aged 1 - 4 years

Encouraging children to eat well and learn about food in the early years not only protects their health when they are young, but also sets the foundations for their future health and wellbeing.

The table below is a guide to the food groups and the number of portions from each group children 1-4 years need every day to meet these nutritional requirements. The food pictures used in this resource show average servings for a child aged 1 to 4 years. They are suitable for most children although some will need more and some will need less.

Food groups		Recommended portions
Bread, rice, potatoes, pasta and other starchy foods		Serve at each meal and some snacks
Meat, fish, eggs, beans and other non-dairy sources of protein		2 portions a day
Fruit and vegetables		Serve at each meal and some snacks
Milk and dairy		3 portions each day

The wider the variety of foods eaten within each food group the better the balance of nutrients provided.



	Food included	Main nutrients
	Bread, chapatti, breakfast cereals, rice, couscous, pasta, millet, potatoes, yam, and foods made with flour such as pizza bases, buns, pancakes	Carbohydrate, B Vitamins, Fibre, Some Iron, Zinc, Calcium
	Meat, fish, eggs, nuts and pulses e.g. lentils, dhal, chick peas, houmous, kidney beans and other similar starchy beans Quorn™ and Tofu	Iron, Protein, Zinc, Magnesium, B Vitamins, Vitamin A, Omega 3, Omega 3 long chain fatty acids: EPA and DHA from oily fish
	Fresh, frozen, tinned and dried fruits and vegetables	Vitamin C, Carotenes which are a form of Vitamin A, Fibre Zinc, Iron
	Cows milk, goats milk, milks, yoghurts, cheese, calcium enriched soy milks and desserts,	Calcium, Phosphorus, Protein Iodine, Riboflavin

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How to use portion book

The photos shown on the next pages show individual foods in portion sizes appropriate for an average serving for children aged 1-4 years old. It also shows the actual weight of the average portion.

Each photograph (see example below) is accompanied by a description and a weight of an average portion for 1-4 year olds.

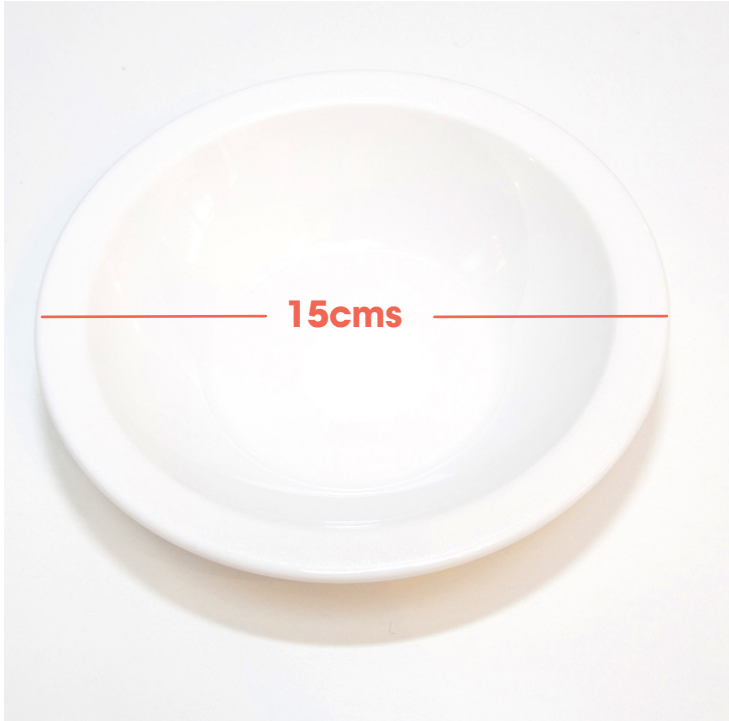
The actual dimensions of the plate and bowls used are shown on the next few pages.



Bread

40g

Bowls



Plates





Fruit



Apple

40g



**Dried
Apricots**

25g

Fruit

Avocado

40g



Banana

40g

Fruit



Blueberries

40g

Cherries

40g



Fruit



Dates

40g



Fruit Cocktail

finned in juice

70g



Fruit

Grapes

40g



Kiwi

40g

Fruit

Mandarins

in juice

70g



Mango

40g

Fruit

Melon

40g



Mixed Berries

40g

Fruit

Orange

40g



Papaya

40g

Fruit

Fruit

Peach

40g



Peaches

tinned in juice

70g

Fruit



Pear

40g

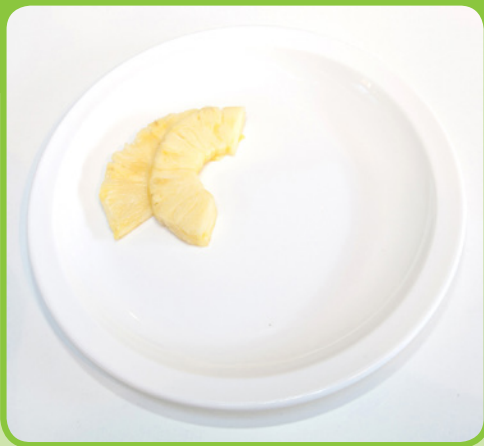
Pear

tinned in juice

70g



Fruit



Pineapple

40g



Fruit

Plums

40g



Raisins

25g

Fruit

Satsuma

40g



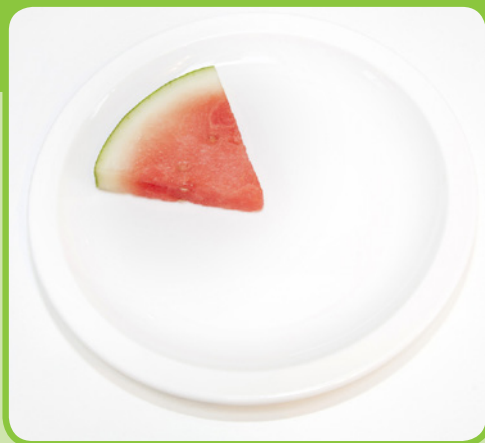
Strawberries

40g

Fruit

Watermelon

40g



**Summer
Fruit Salad**

40g

Fruit



Winter

Fruit Salad

40g

Fruit Juice

diluted

100 ml



Fruit

Vegetables



Beetroot

40g



Broccoli

40g

Vegetables

**Brussel
Sprouts**

40g



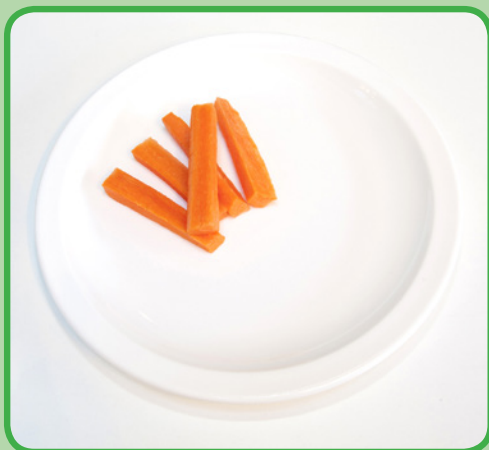
**Butternut
Squash**

40g

Vegetables

Cabbage

40g



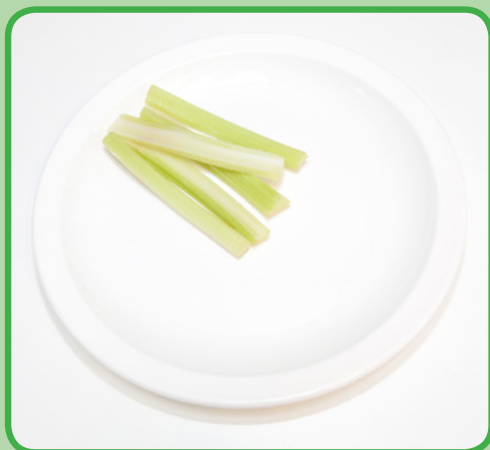
Carrots

40g

Vegetables

Cauliflower

40g



Celery

40g

Vegetables

Courgette

40g



Cucumber

40g

Vegetables

**Green
Beans**
40g



Kale
40g

Vegetables

**Mixed
Salad**
40g



**Mixed
Vegetables**
40g

Vegetables

**Mushrooms
& Peppers**

40g



Parsnips

40g

Vegetables

Peas

40g



Peppers

40g

Vegetables

Plantain

40g



**Roasted
Vegetables**

40g

Vegetables

Spinach

40g



Sweetcorn

40g

Vegetables

**Baby
Sweetcorn**
40g



Tomato

40g

Vegetables

Stir Fry
Vegetables
40g



Swede

40g

Vegetables

Bread, other cereals and potatoes



Bagel

50g



Chapati

20g

**Bread, other cereals
and potatoes**

Pitta
Bread
30g



Naan

40g

**Bread, other cereals
and potatoes**

Toast

25g



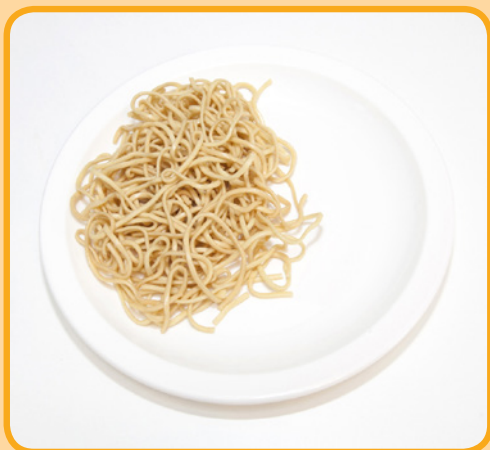
Bread

25g

**Bread, other cereals
and potatoes**

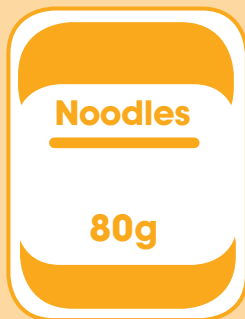
Couscous

80g



Noodles

80g



**Bread, other cereals
and potatoes**

Pasta

80g



Spaghetti

80g

**Bread, other cereals
and potatoes**

Potato
Chips
80g



Potato
Mashed
80g

**Bread, other cereals
and potatoes**

Potato

Baked

90g



Potato

New

80g

**Bread, other cereals
and potatoes**

Rice

80g



Sweet

Potato

80g

**Bread, other cereals
and potatoes**

Yam

80g



Porridge

100g

**Bread, other cereals
and potatoes**

**Malted
Wheat**
25g



**Multigrain
Loops**
25g

**Bread, other cereals
and potatoes**

**Puffed
Rice
25g**



**Bisk
Wheats
25g**

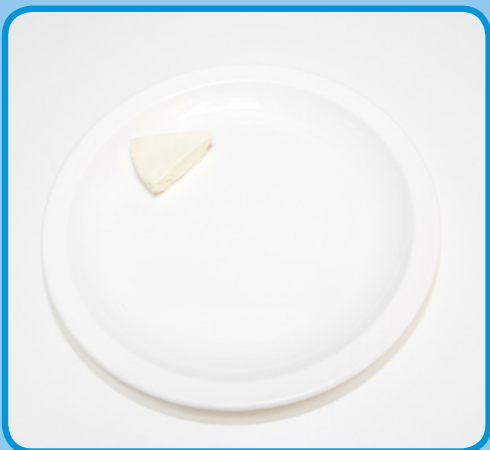
**Bread, other cereals
and potatoes**

Dairy



Cheese

grated
15g

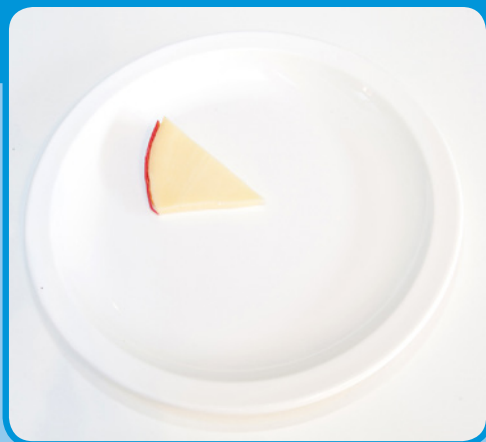


Cheese

triangle
18g

Dairy

Cheese
Edam
15g

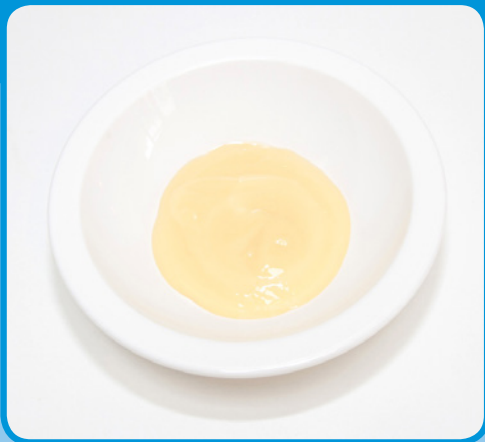


Cheese
Cottage
30g

Dairy

Custard

60g



Yoghurt

60g



Dairy

Meat, fish, eggs and pulses



Beef
Mince
40g

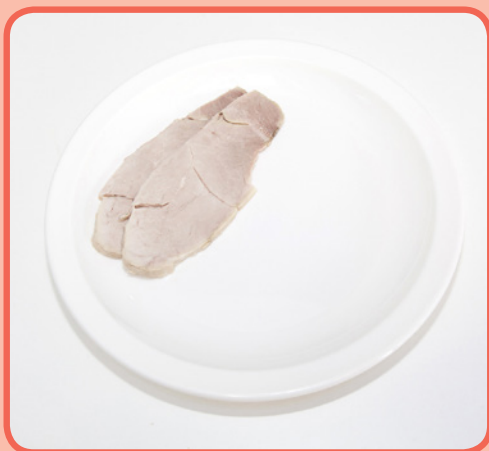
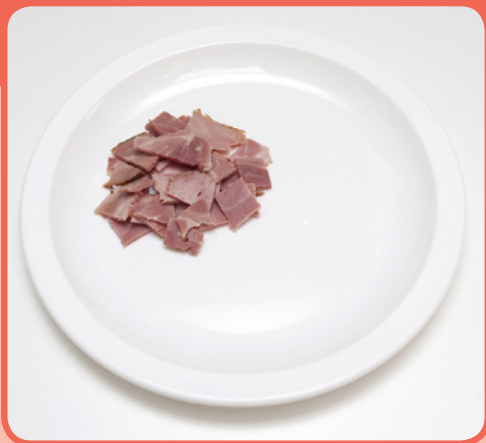


Chicken
45g

**Meat, fish, eggs
and pulses**

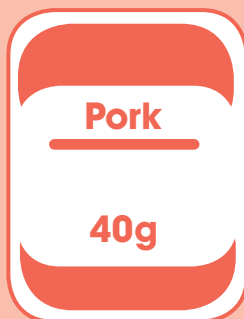
Ham

40g



Pork

40g



**Meat, fish, eggs
and pulses**

Salmon

40g



Sardines

40g

**Meat, fish, eggs
and pulses**

Tuna

40g



White Fish

40g

**Meat, fish, eggs
and pulses**

Egg
Boiled
50g



Egg
Scrambled
50g

**Meat, fish, eggs
and pulses**

Egg
Omelette
50g



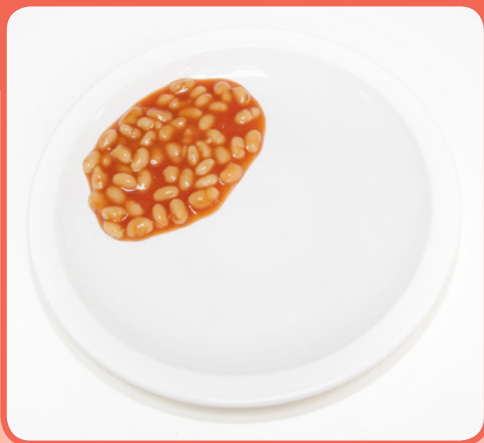
Peanut butter

40g

**Meat, fish, eggs
and pulses**

Baked Beans

55g



Chick Peas

40g

**Meat, fish, eggs
and pulses**

Houmous

40g



Kidney Beans

40g

**Meat, fish, eggs
and pulses**

Lentils

40g



Mixed Beans

40g

**Meat, fish, eggs
and pulses**

Falafels

40g



Quorn™

40g

**Meat, fish, eggs
and pulses**

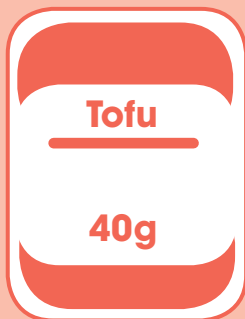
Soya Mince

40g



Tofu

40g



**Meat, fish, eggs
and pulses**

