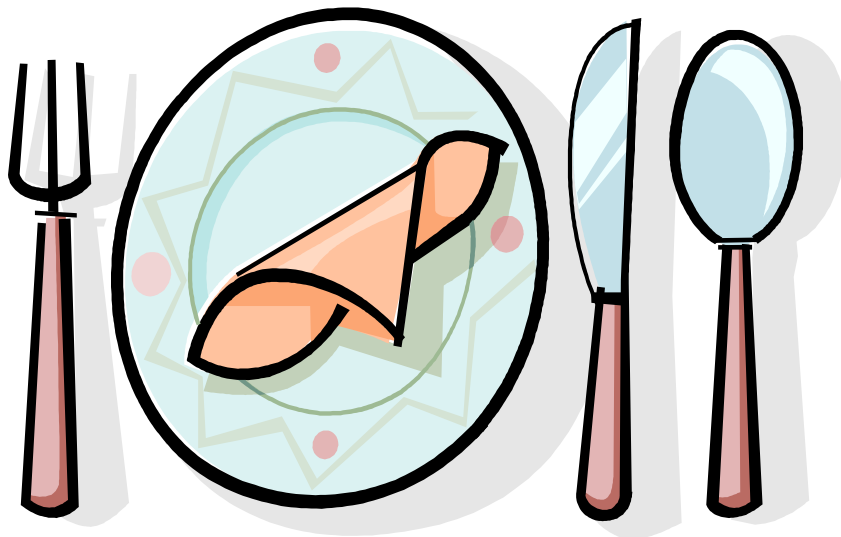




Meal ideas
and
portion guidance

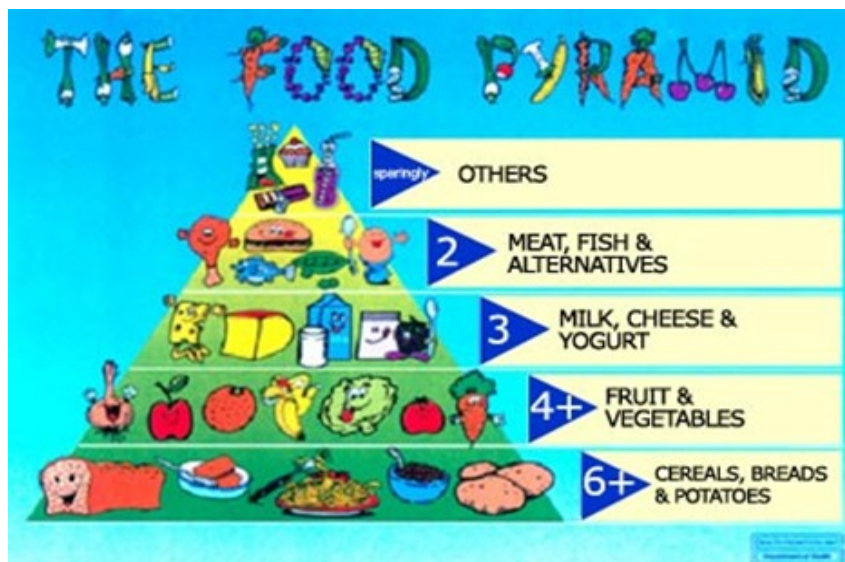


A balanced diet

We all know toddlers and young children need a healthy balanced diet but what does it really mean? Toddlers have different nutritional needs to adults. Whilst we are using food as fuel to maintain the function of our bodies and give us energy, toddlers also need a special balance of nutrients to support their rapid growth. Toddlers' stomachs are much smaller so they need to eat little and often. Generally, that means three small, well-balanced meals a day and two nutritious snacks in between. E.g:

Breakfast	Porridge with berries
Snack	1 Oat cracker with homous
Lunch	Pitta pocket with tuna and sweetcorn stuffing with a salad of cherry tomatoes, grated carrot and sultanas. Plain yoghurt with mango
Snack	Apple and Pear pieces
Dinner	Cottage pie with broccoli and cauliflower on the side. Fruity flapjack with custard.

Toddlers and young children need to eat from each of the 5 food groups every day . This pyramid shows the types of foods that should make up toddlers' meals and snacks - and how often.



Tot Up at: www.littlepeoplesplates.co.uk

Tot It Up is an easy to use calculator that provides you with a personalised analysis of your toddler's diet.

Useful tips

It's easy to slip into the trap of giving children more than they need. So we've put together some handy hints to help you get to grips with working out how much is right for your children, as well as helping them understand why you're doing it.

The tummy trap

Children's tummies are smaller than adults', so they need less food to make them full. Try not to fall into the trap of serving up the same-size plateful for everyone in the family.

Me-size bowls

Plates and bowls are bigger these days - a child-size portion may not look like enough. So try getting child-sized ones for the children, it'll make it easier to tell if they're getting the right amount.

Tips at the table

Encourage children to use a spoon initially, then add a fork (to stab food) progressing up to using a child's knife.

Table tricks

Get the children to eat at the table rather than in front of the TV as this can distract them, which means they may miss the signal from their tummy that says I'm full and end up eating too much.

Puzzling packaging

Be careful with pre-packaged food - the portions usually come in adult sizes so don't give a whole one to a child. Let them share a bag of crisps, or save some for later.

Snack time

Set a regular healthy snack time for mid-morning and afternoon when the children are home., like at nursery. It helps train their bodies to think regular food is coming, making them less likely to overeat at meal times.

Get the children involved

Its fun for children to help peel and chop! Let them watch you serve the meals. This way they're more likely to understand the different portion sizes for different ages.

Start small

Give them less to start with - they can always ask for seconds. You'll have less waste and they won't eat too much.

Just a mouthful

If you're worried about picky eaters not getting a balanced diet, encourage them to try a mouthful of everything on the plate, rather than all of it. You might find they try more things that way.

Clear plate conundrums

Don't worry if they don't clear their plate. If they say they're full, the chances are, they are full!

Water regularly

Children need regular drinks throughout the day. Always offer water or milk instead of juice or fizzy drinks.

Portion size recommendations

Your toddler needs a nutritious diet to thrive and grow. Give him/her a well-balanced diet with a combination of foods and drinks from the five food groups.

Our portion size ranges can be used as a guide for how much of each food to offer your toddler . 'Toddler' refers to a child between the ages of 1 and 3 years.

You can be reassured that if your toddler is eating within the range of portion sizes of a particular food, then he/she is eating enough of that food.

Don't forget...! Toddlers don't eat set portion sizes like many adults do

How much they eat varies widely from day to day and meal to meal. In general, if your toddler is taller or more active he/she will eat larger portions of some foods than if he/she is smaller or less active.

Allow your toddler to eat to his/her appetite. Don't urge toddlers to finish everything on the plate or to eat more than they wish to.

Your child's appetite is likely to be reduced if they drink too much milk (2 beakers of milk per day is sufficient for a two or three year old). This can be of concern because they need nutrients that are only available in food to enable them to grow and thrive e.g. iron. To promote healthy eating we have provided only small portion sizes for foods high in sugar and fats (these are not our recommendations nor do they form part of a healthy diet.)

The tables that follow cover each of the five food groups. The foods are listed in the first column, with the portion size (lower and upper ends of ranges) in the second column. Standard measures have been used : 1 tablespoon is a 15 ml spoon and 1 teaspoon is a 5 ml spoon.

These portion sizes are designed as a handy guide for parents and carers of toddlers. They will not be appropriate for all toddlers, especially those with certain medical conditions or faltering growth, who will require the omission and/or addition of specific foods.

Food Group 1: Bread, rice, potatoes, pasta and other starchy foods

Food Group 2: Fruit and vegetables

Food Group 3: Milk, cheese and yogurt

Food Group 4: Meat, Fish, Eggs, Nuts and Pulses

Food Group 5: Foods high in Fat and Sugar

Portions with foods from more than one food group

Food Group 1: Bread, rice, potatoes, pasta and other starchy foods



Breads	Range of portion sizes
Bagel	1/4 - 1/2 bagel
Bread roll	1/4 - 3/4 roll
Bread slices (fresh or toasted) - granary, wheatgerm or white	1/2 - 1 medium slice
Bun (e.g. hot cross)	1/4 - 1/2 bun
Crumpet	1/4 - 1 crumpet
Naan bread	1/8 - 1/4 naan
Cream / wholemeal crackers	1 - 3 crackers
Malt loaf	1/2 - 1 slice
Bread sticks	1 - 3 large breadsticks
Pitta bread	1/2 - 1 mini or 1/4 - 1/2 pitta
Rice cakes	1 - 3 medium rice cakes
Scone	1/2 - 1 small scone
Cereals	Range of portion sizes
Dry flaked cereal (e.g. cornflakes / Cheerios TM /Rice Crispies TM)	3 - 6 tablespoons
Museli	2 - 4 tablespoons
Porridge / Ready Brek TM made up with milk / water	5 - 8 tablespoons
Wheat biscuits (e.g. Weetabix TM)	1/2 - 1 1/2 biscuits
Pasta/rice etc	Range of portion sizes
Couscous (cooked)	2 - 4 heaped tablespoons
Noodles (cooked)	1/2 - 1 small cup
Pasta (cooked)	2 - 5 tablespoons
Pasta in tomato sauce (e.g. spaghetti hoops in tomato sauce)	2 - 4 tablespoons
Rice - boiled or fried	2 - 5 tablespoons
Potatoes	Range of portion sizes
baked	1/4 - 1/2 medium potato
boiled	1/2 - 1 1/2 egg - sized potatoes
chips	4 - 8 thick cut chips
mashed	1 - 4 flat tablespoons
roast	1/2 - 1 small potato
waffles	1/2 - 1 waffle



Food Group 2: Fruit and vegetables



	Range of portion sizes
Apple	1/4 - 1/2 medium apple
Avocado	1/2 - 2 tablespoons
Banana	1/4 - 1 medium banana
Clementine / tangerine / mandarin	1/2 - 1 fruit
Dried apricots / prunes	1 - 4 whole fruits
Fruit salad	1/2 - 1 small bowl
Grapes and berries (e.g. blackberries / blueberries /	3 - 10 small grapes / berries
Kiwi fruit / plum / apricot	1/2 - 1 fruit
Mango	1/4 - 1/2 mango
Melon	1/2 - 1 thin slice
Orange	1/4 - 1/2 orange
Peach / nectarine	1/4 - 1 whole fruit
Pear	1/4 - 3/4 whole fruit
Pineapple	1/4 - 1 medium slice
Raisins / sultanas	1/2 - 1 tablespoons
Stewed fruit / tinned fruit / fruit puree	2 - 4 tablespoons
Broccoli / cauliflower	1 - 4 small florets or 1/2 - 2 tablespoons
Brussels sprouts	1/2 - 3 sprouts
Cabbage	1 - 3 tablespoons
Carrot	1 - 3 tablespoons / 2 - 6 carrot sticks
Celery / cucumber / radishes / peppers / other salad	4 - 10 small sticks / slices
Cherry tomatoes	1 - 4 cherry tomatoes
Courgettes / squash / okra / aubergine	1/2 - 2 tablespoons
Green / French beans	1/2 - 2 tablespoons
Leeks / onions / shallots	1/2 - 2 tablespoons
Lettuce	1 - 2 small leaves
Mixed vegetables	1/2 - 2 tablespoons
Mushrooms	1 - 4 button mushrooms
Parsnip	1/2 - 2 tablespoons
Peas	1/2 - 2 tablespoons
Spring green / spinach (cooked)	1/2 - 1 tablespoons
Stir fried or roasted vegetables	1/2 - 2 tablespoons
Swede / turnip	1/2 - 2 tablespoons
Sweet corn	1/2 - 2 tablespoons
Tomato	1/4 - 1 small tomato
Vegetable soup - homemade	1 small bowl (90 - 125ml)

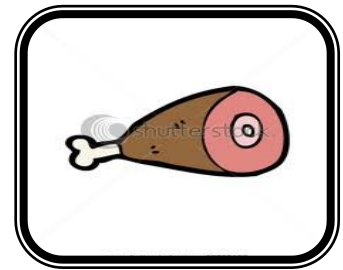
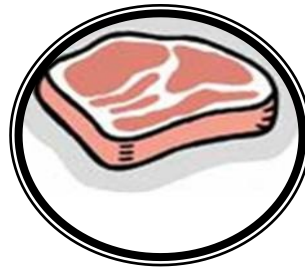
Food Group 3: Milk, cheese and yogurt



Milk	Range of portion sizes
Cow's milk as a drink	1 cup of milk (100 - 120 ml / 3 - 4oz)
Custard	5 - 7 tablespoons
Flavoured milk (e.g. chocolate / strawberry)	1 cup of milk (100 - 120 ml / 3 - 4oz)
Formula milk, Growing Up milk or Calcium enriched soya milk	1 cup of milk (100 - 120 ml / 3 - 4oz)
Milk pudding	4 - 6 tablespoons
Yogurts	Range of portion sizes
Yogurt	1 average pot (125ml)
Fromage frais	2 small pots (60g each)
Calcium enriched soya dessert	1 average pot (125ml)
Cheese	Range of portion sizes
Cheese sauce	3 - 5 tablespoons
Cheddar / Edam / Parmesan / Brie / Camembert / Mozzarella	in a sandwich or as a pizza topping
Cottage / ricotta cheese	1/2 - 1 tablespoon in a sandwich
Grated cheese	2 - 4 tablespoons as a pizza topping or in a sandwich
Processed cheese	15 - 21g (1 slice / 1 triangle or string / 1 Mini Babybel TM)
Spreadable cheese	thickly spread on a slice of bread



Food Group 4: Meat, Fish, Eggs, Nuts and Pulses



Meat	Range of portion sizes
Bacon	1/4 - 1 rasher
Beef	1/2 - 1 slice
Burger—beef / lamb / chicken / turkey without bun	1/2 - 1 small burger
Chicken	1 - 2 small slices
Chicken drumsticks	1/2 - 1 drumstick
Chicken nuggets	2 - 4 small nuggets
Duck	1 - 2 slices of breast meat
Frankfurter	1/2 - 1 small frankfurter
Ham	1/2 - 1 1/2 small slices 1 1/2 - 4 wafer thin slices
Lamb	1/2 - 1 slice
Lamb's liver	1/2 - 1 thin slice
Minced meat	2 - 5 tablespoons
Pork	1/2 - 2 small slices
Rabbit	1 - 2 slices
Salami	1 - 2 slices
Sausages	1/2 - 1 medium sausage, 1-3 cocktail
Turkey	1 - 2 slices of breast or dark meat
Fish	Range of portion sizes
Fish: white / oily fresh fish	1/4 - 1 small fillet or 1 - 3 tablespoons
Shell fish: prawns, mussels etc	1/2 - 2 tablespoons
Taramasalata	1 - 2 tablespoons
Tinned fish in a sandwich / salad (e.g. tuna / salmon / sardines)	1/2 - 1 1/2 tablespoons
Eggs	Range of portion sizes
Omelette (1 egg)	1/2 - 1 omelette
Poached / boiled / fried	1/2 - 1 egg
Scrambled egg	2 - 4 tablespoons
Nuts	Range of portion sizes
Ground, chopped or crushed nuts	1 - 2 tablespoons
Peanut butter or other nut butters	1/2 - 1 tablespoon or thinly spread on bread
Pulses	Range of portion sizes
Baked beans in tomato sauce	2 - 5 tablespoons
Chickpeas / hummus	1 - 2 tablespoons
Dhal / cooked lentils	2 - 5 tablespoons
Falafels	1 - 3 mini falafels (25g each)
Red kidney beans / bean salad / other starchy beans	1 - 2 tablespoons
Tofu	2 - 4 tablespoons
Soups	Range of portion sizes
Homemade soups with meat / fish / pulses	1 small bowl (90 - 125ml)

Food Group 5: Foods high in Fat and Sugar



Biscuits	Range of portion sizes
chocolate coated / digestive / sandwich (e.g. bourbon)	1/2 - 1 biscuit
fruit (e.g. garibaldi) / plain (e.g. rich tea / ginger nut)	1 - 2 biscuits
Cake	Range of portion sizes
cake - style pudding with or without fruit	2 - 4 tablespoons
cup cake / fruit cake	1/2 - 1 (25g) cake
madeira / swiss roll / sponge	1/4 - 1/2 slice
Cereal bar	1/2 - 1 (20g) bar
Croissant (plain)	1/2 - 1 (45g) pastry
Danish pastry / chocolate croissant	1/4 - 1/2 medium pastry
Jelly	2 - 4 tablespoons
Muffin	1/8 - 1/4 of a large (125g) muffin
Pancake	1/2 - 1 small pancake
Sauces, spreads and extras	Range of portion sizes
Added sugar	1/2 - 1 teaspoon
Butter / margarine	thinly spread
Canned / packet soups	1 small bowl (90 - 125 ml)
Chocolate spread	thinly spread - 1 teaspoon
Extra butter on crispbread / crackers / vegetables / pasta	1 teaspoon
Gravy	1 - 2 tablespoons
Honey / jam / marmalade / syrup / Marmite™ / Vegemite™	thinly spread
Mayo / salad cream / Tomato ketchup / BBQ sauce	1 - 2 teaspoons
Oil for frying	1 teaspoon
Sweet drinks (e.g. fruit juices / squashes)	100 - 120ml / 3 - 4oz
Confectionery	Range of portion sizes
Chocolate mousse	1 - 3 tablespoons
Trifle	2 - 4 tablespoons
Bar of chocolate / chocolate - coated biscuit bar	2 - 4 squares or a funsize chocolate bar
Chocolate buttons	6 - 8 small buttons
Ice lolly	1/2 - 1 small ice lolly
Ice cream	2 - 3 heaped tablespoons
Sweets (e.g. fruit pastilles / wine gums etc)	2 - 5 sweets
Savoury snacks	Range of portion sizes
Bombay mix	1 - 2 teaspoons
Crisps and packet snacks (e.g. Wotsits™ / Hula hoops™)	4 - 6 crisps / Wotsits™ / Hula hoops™
French fries - thin (fast food)	6 - 10 fries
Fried flatbreads (e.g. puris / parathas)	1/2 - 2 small puris or parathas
Popcorn - unsweetened	1 small cup
Poppadoms	1/2 - 1 poppadom

Portions with foods from more than one food group



Casseroles, curries, stew and stir fry	Range of portion sizes	Food groups
Meat / chicken / fish / pulses with vegetable based	3 - 6 tablespoons	1, 2 and 4
Meat / chicken / fish / pulses with vegetable based	2 - 5 tablespoons	2 and 4
Fish products	Range of portion sizes	Food groups
Fish battered or in breadcrumbs	1 - 3 heaped tablespoons	4 and 5
Fish cakes	1/2 - 1 (90g) fish cake	1 and 4
Fish fingers	1 - 2 fish fingers	4 and 5
Fish and potato pie	2 - 6 tablespoons	1 and 4
Pasta dishes	Range of portion sizes	Food groups
Lasagne (meat)	2 - 5 tablespoons	1 and 4
Lasagne (vegetable)	2 - 5 tablespoons	1 and 2
Macaroni cheese	2 - 5 tablespoons	1 and 3
Ravioli (meat)	2 - 5 large pieces	1 and 4
Ravioli (vegetable)	2 - 5 large pieces	1 and 2
Spaghetti bolognese	3 - 5 tablespoons	1 and 4
Pizzas	Range of portion sizes	Food groups
Pizza (meat / vegetable / cheese toppings)	1 - 2 small slices / 1/4 - 1 mini (70g) pizza	1, 3 and 4
Pizza (vegetarian toppings)	1 - 2 small slices / 1/4 - 1 mini (70g) pizza	1 and 3
Pies and pastries	Range of portion sizes	Food groups
Shepherds pie / cottage pie	2 - 5 tablespoons	1 and 4
Meat pie in pastry	2 - 4 tablespoons	1, 4 and 5
Mini sausage rolls	1 - 3 mini sausage rolls	1, 4 and 5
Toad in the Hole	1/2 - 1 small	1, 4 and 5
Quiche	1/2 - 1 1/2 small slices (30 - 90g)	1, 3, 4 and 5
Samosas (meat)	1/2 - 1 samosa or 1 - 2 small samosas	1, 4 and 5
Samosas (vegetable)	1/2 - 1 samosa or 1 - 2 small samosas	1, 2 and 5
Yorkshire pudding	1/2 - 1 individual Yorkshire pudding	1 and 3
Soups	Range of portion sizes	Food groups
Homemade vegetable soup with meat / fish / lentils / beans	1 small bowl (90 - 125ml)	2 and 4
Homemade minestrone soup	1 small bowl (90 - 125ml)	1 and 4



Bibliography

- www.littlepeoplesplates.co.uk
- www.growingupmilkinfo.com
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