

# Portion sizes for children aged 5 and under



Food group	Portion size
<b>A variety of fruit and vegetables (at least 5 portions each day)</b>	
Cooked and raw	40g
<b>Carbohydrates (4 portions each day)</b>	
Cooked rice, pasta and potatoes	80g
Bread	25g
Average sized potato	1
<b>Dairy and alternatives (3 portions each day)</b>	
Milk	150ml
Cheese (sliced or grated)	15g
Cottage cheese	30g
Plain yoghurt	60g
<b>Protein (2 portions each day)</b>	
Baked beans	55g
Egg	55g
Meat, fish and poultry	40g
Most pulses and hummus	40g