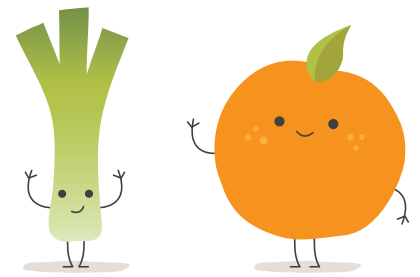


# NYLO

Nutrition for Your Little One  
Maeth i'ch un bach



## HANDY SERVING GUIDE

### Per Day

4

FIST



Starchy  
Foods

5

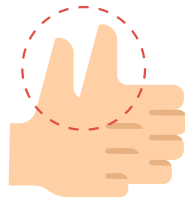
HANDFUL



Fruits and  
Vegetables

3

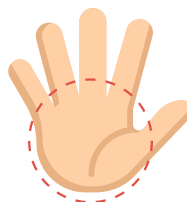
TWO  
THUMBS



Dairy  
Foods

2-3\*

PALM



Protein  
Foods

6-8

100-150ml



Drinks

Remember to use your child's hand as a guide as this  
directly relates to their portion size.

\*if following a vegetarian diet



GIG  
CYMRU  
NHS  
WALES  
Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board



Nutrition and Dietetics  
Maeth a Dieteg  
Caerdydd a'r Fro