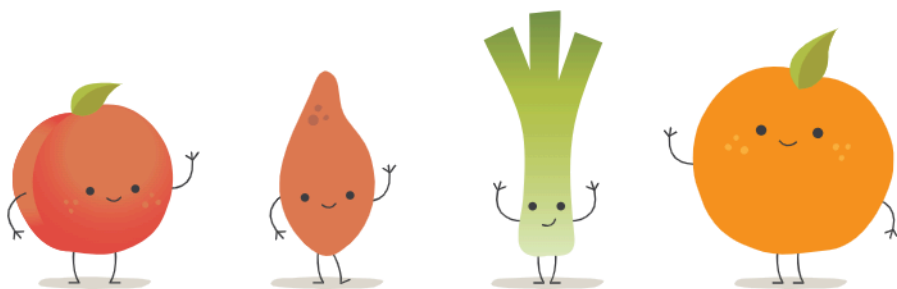


NYLO

Nutrition for Your Little One
Maeth i'ch un bach

Portion Sizes for Children Age 1-4 years



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



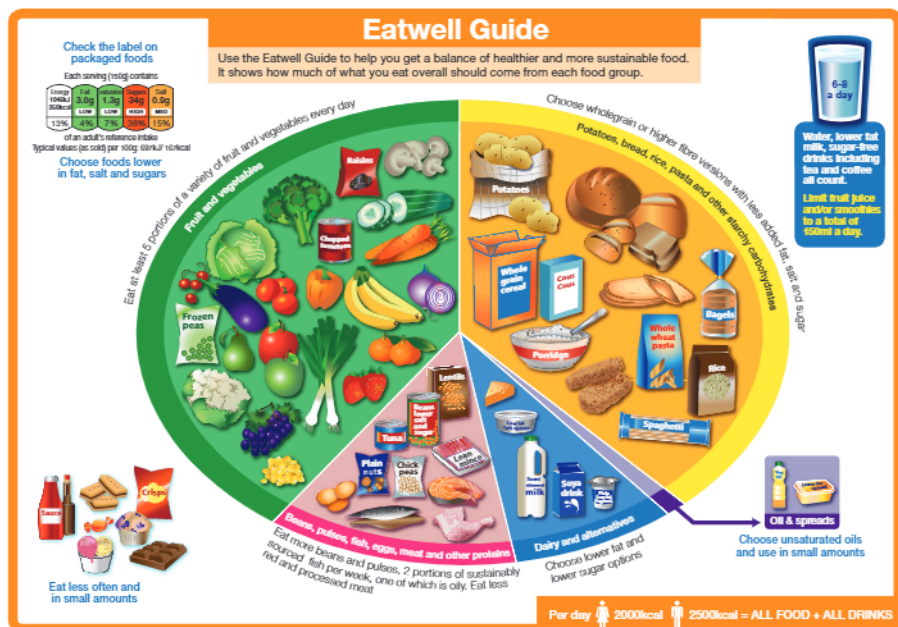
Maetheg a Dieteteg
Caerdydd a'r Fro

Cardiff & Vale

Nutrition and Dietetics

The Eatwell Guide

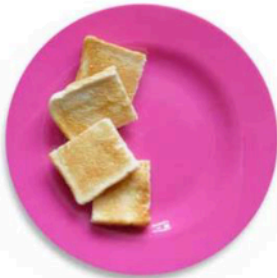
- Children should aim to eat in line with the Eatwell guide but with a flexible approach.
- Match the portion to the person: a child aged 1 years will require smaller portions to children aged 4 years.
- Work towards giving your child 3 main meals and 2 snacks per day from the 4 main food groups (fruits and vegetables, potatoes, bread, rice, pasta and other starchy carbohydrates, dairy and alternatives and beans pulses, fish, eggs, meat and other proteins).
- Limit foods and drinks high in salt, sugar and fat.
- Do not get too hung up on exact portion sizes, this is only a guide. Some days your child may eat slightly more and on others slightly less, causing it to become balanced.
- If your child is regularly eating larger portion sizes, think about gradually reducing these.



Potatoes, Bread, Rice, Pasta and Other Starchy Foods



- Offer these foods at every meal time
- These can be given as a snack
- They should make up one third of the food we eat each day
- Look for low salt, sugar and fat options
- Encourage some wholemeal/wholegrain varieties



White toast 1 slice 25g



White pitta bread 1/2 pitta bread 30g



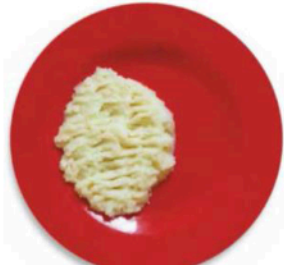
Chapatti 20g



Couscous 80g



Rice cake 1 rice cake 10g



Mashed potato 80g



Pasta penne 80g



Brown rice 80g

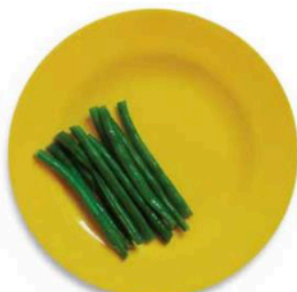


Weet bixes 20g and 100ml milk

Fruits and Vegetables



- Offer a variety of different colours
- Offer in meals and as snacks
- Aim towards 5 portions a day
- Fresh, frozen and canned count too
- Buy canned in natural juice or unsalted water
- Dried fruit should be eaten with a meal to protect teeth



Green beans 40g



Mange tout 40g



Canned sweetcorn 40g



Peas 40g



Parsnip 40g



Plantain 40g



Kiwi 1/2 kiwi 40g



Clementine 1/2 clementine 40g



Banana 1/2 banana 40g

Beans, Pulses, Fish, Eggs, Meat and Other Proteins



- Foods from this group should be given twice a day or if vegetarian 3 times a day
- These are high in iron and zinc
- You can offer these as part of snacks or meals
- Avoid processed meat and fish products that are high in fat and salt.
- Make sure fish dishes are free of bones.
- Give one omega 3 rich source such as sardines, mackerel or salmon once a week



Chicken 45g



Quorn mince 50g



Pork 40g



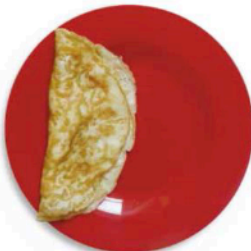
White fish 40g



Salmon fillet 40g



Canned sardine 40g



Omelette 50g



Dahl 50g



Scrambled egg 50g

Milk and Dairy Foods, and Dairy Alternatives



- Offer these foods 3 times a day
- Include as part of meals and snacks
- Semi-skimmed or whole milk can be used from 12 months to 2 years
- Skimmed milk should only be given after 5 years
- Use full fat cheese and yoghurts up to 2 years
- Make sure dairy alternatives are fortified with calcium
- Do not serve rice milk to under 5's



Cheddar cheese 15g



Soft cheese 20g



Mozzarella 20g



Cottage cheese 30g



Edam cheese 15g



Soya yoghurt 60g



Cheese triangle 18g



Plain yoghurt (full-fat) 60g



Coconut yoghurt 50g

Eat Less Often and in Small Amounts



- Limit foods high in salt, fat and sugar such as biscuits, cakes, confectionery, ice-cream and crisps.
- Avoid soft drinks such as squash, cordial or fizzy drinks as these are high in sugar.
- These foods should be given as an occasional treat and not every day.
- Sugary foods are linked to obesity in children and to tooth decay.
- Fruit-based or carbonated sugar-free or low-sugar drinks can also damage children's teeth as they are acidic. Children aged 1-4 years should not be given drinks containing artificial sweeteners.
- Some foods advertised for children would come into this category so read the label carefully.

Useful Resources

- **First Steps Nutrition**
<https://www.firststepsnutrition.org/>
- **British Dietetic Association**
<https://www.bda.uk.com>
- **NHS**
<https://www.nhs.uk/live-well/healthy-weight/healthy-weight-children-advice-for-parents/>
- **British Nutrition Foundation**
<https://www.nutrition.org.uk>



For more support contact the NYLO team
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Telephone: 07972 732614