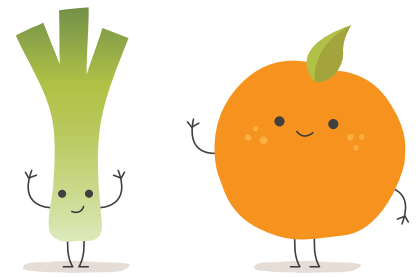


NYLO

Nutrition for Your Little One
Maeth i'ch un bach



HANDY PORTION GUIDE

Per Day

5

FIST



Starchy
Foods

5

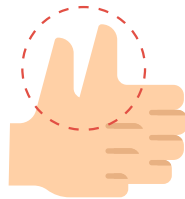
HANDFUL



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