

# Food Portions Book

For 1 -4 year olds



# Food Portions Book

## For 1-4 year olds

**Children aged 1-4 years** have high nutrient requirements relative to their size, as they are still undergoing rapid growth and development and are usually very active. Good nutrition is important for children of this age:

- To ensure that they are getting a balanced varied diet that meets their nutrient requirements
- Dietary habits adopted in the early years will be taken forward into later childhood and adult life
- Meals and snack times offer an opportunity to extend children's social and communication skills
- Helps prevent childhood obesity

**A healthy balanced diet for 1-4 year olds** is based on four food groups as each group provides key nutrients. To achieve this they should be provided with food from each of the following groups each day:

- Fruit and vegetables
- Bread, rice, potatoes, pasta and other starchy foods
- Milk and dairy foods
- Meat, fish, eggs, beans and other non-dairy sources of protein

The table on the next page is a guide to the food groups and the number of portions from each group children 1-4 years need every day to meet their nutritional requirements.

Food groups	Food included	Main nutrients	Recommended portions
<b>Bread, rice, potatoes, pasta and other starchy foods</b>	Bread, chapatti, breakfast cereals, rice, couscous, pasta, millet, potatoes, yam, and foods made with flour such as pizza bases, buns, pancakes	Carbohydrate B Vitamins Fibre Some Iron Zinc Calcium	Serve at each meal and some snacks
<b>Fruit and vegetables</b>	Fresh, frozen, tinned and dried fruits and vegetables	Vitamin C Carotenes which are a form of Vitamin A Fibre Zinc Iron	Serve at each meal and some snacks
<b>Milk and dairy</b>	Cows milk, goats milk, milks, yoghurts, cheese, calcium enriched soy milks and desserts, tofu	Calcium Phosphorus Protein Iodine Riboflavin	3 portions each day
<b>Meat, fish, eggs, beans and other non-dairy sources of protein</b>	Meat, fish, eggs, nuts and pulses e.g. lentils, dhal, chick peas, hummus, kidney beans and other similar starchy beans	Iron Protein Zinc Magnesium B Vitamins Vitamin A Omega 3 & Omega 6 fats Omega 3 long chain fatty acids: EPA and DHA from oily fish	2 portions a day

The wider the variety of foods eaten within each food group the better the balance of nutrients provided.

**The Food Portions Book** has been developed following consultation with childminders in the South West region who asked for clear guidance on portion sizes of individual foods for this age group. The findings can be found in the report:

**'Evidence from childminder focus groups on promotion of healthy living in home-based childcare, South West region'.**

This report includes several recommendations for Local Authorities and will be of interest to all those supporting healthy early years in informal child care settings. It is available to download at:

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[www.healthyweight4children.org.uk](http://www.healthyweight4children.org.uk)

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The aim of this resource is to support childminders to feed children 1-4 years by producing a photographic resource that shows typical portion sizes of foods across each food group. The resource was developed for childminders however it could be used by other early year's practitioners and health professionals working with children and their families.

Further information on provision of food and drink in early year's settings is available from the report **'Laying the Table: Recommendations for National Food and Nutrition Guidance for Early Years Settings in England'** can be downloaded from the 'Advisory Panel on Food and Nutrition in Early Years' web page which is hosted at:

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[www.schoolfoodtrust.org.uk/apfney](http://www.schoolfoodtrust.org.uk/apfney)

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# Fruits

## Page

<b>Apple</b>	Green Slices	40g	14
<b>Apple</b>	Red Slices	40g	14
<b>Apricots</b>		40g	15
<b>Apricots</b>	Canned in Juice	70g	15
<b>Avocado</b>		40g	16
<b>Banana</b>	Halved	40g	16
<b>Blackberries</b>		40g	17
<b>Blueberries</b>		40g	17
<b>Cherries</b>	Canned	40g	18
<b>Clementine</b>		40g	18
<b>Grapes</b>	Black	40g	19
<b>Grapes</b>	White	40g	19
<b>Kiwi</b>		40g	20
<b>Mandarins</b>	Canned	40g	20
<b>Mango</b>		40g	21
<b>Melon</b>	Cantaloupe	40g	21
<b>Nectarine</b>		40g	22
<b>Orange</b>		40g	22
<b>Papaya</b>		40g	23
<b>Peaches</b>	Canned	40g	23
<b>Peaches</b>	Canned in Juice	70g	24
<b>Pears</b>		40g	24
<b>Pears</b>	Canned	40g	25
<b>Pineapple</b>		40g	25
<b>Pineapple</b>	Canned in Juice	70g	26
<b>Plums</b>		40g	26
<b>Prunes</b>	Canned	40g	27
<b>Raspberries</b>		40g	27
<b>Strawberries</b>		40g	28
<b>Watermelon</b>		40g	28

# Vegetables

Page

<b>Beetroot</b>		40g	30
<b>Broad Beans</b>		40g	30
<b>Broccoli</b>		40g	31
<b>Brussels Sprouts</b>		40g	31
<b>Butternut Squash</b>		40g	32
<b>Cabbage</b>		40g	32
<b>Carrots</b>		40g	33
<b>Cauliflower</b>		40g	33
<b>Celery</b>	Sticks	40g	34
<b>Courgette</b>	Slices	40g	34
<b>Cucumber</b>	Slices	40g	35
<b>Green Beans</b>		40g	35
<b>Kale</b>		40g	36
<b>Leeks</b>		40g	36
<b>Lettuce</b>		40g	37
<b>Mixed Veg</b>		40g	37
<b>Mushrooms</b>		40g	38
<b>Parsnip</b>		40g	38
<b>Peas</b>		40g	39
<b>Pepper</b>	Green	40g	39
<b>Pepper</b>	Red	40g	40
<b>Pepper</b>	Yellow	40g	40
<b>Plantain</b>		40g	41
<b>Roasted Veg</b>	Pepper, Courgette, Onion, Cherry Tomato	40g	41
<b>Spinach</b>		40g	42
<b>Swede</b>	Mashed	40g	42
<b>Sweetcorn</b>	Baby	40g	43
<b>Sweetcorn</b>	Canned	40g	43
<b>Tomato</b>	Cherry	40g	44
<b>Tomato</b>	Raw	40g	44

## Bread, other cereals and potatoes

Page

<b>Bagel</b>		50g	46
<b>Chapatti</b>		20g	46
<b>Bread</b>	White Pitta	30g	47
<b>Bread</b>	Wholemeal	25g	47
<b>Bread</b>	White Toasted	25g	48
<b>Couscous</b>	(Cooked)	80g	48
<b>Noodles</b>	Egg (Cooked)	80g	49
<b>Pasta</b>	Mini (Cooked)	80g	49
<b>Pasta</b>	Penne (Cooked)	80g	50
<b>Pasta</b>	Spaghetti - White (Cooked)	80g	50
<b>Potato</b>	Chips	80g	51
<b>Potato</b>	Mashed	80g	51
<b>Potato</b>	Jacket	90g	52
<b>Potato</b>	New Slices	80g	52
<b>Rice</b>	Brown (Cooked)	80g	53
<b>Rice</b>	White (Cooked)	80g	53
<b>Sweet Potato</b>	Mashed	80g	54
<b>Yam</b>	Mashed	80g	54

## Dairy

## Page

<b>Cheddar Cheese</b>	Cubed	15g	56
<b>Cottage Cheese</b>		30g	56
<b>Edam Cheese</b>	Slices	15g	57
<b>Soft Cheese</b>	Triangle Spread	18g	57
<b>Custard</b>		60g	58
<b>Yoghurt</b>	Plain Full-Fat	60g	58

## Meat, fish, eggs and pulses

<b>Meat</b>	Beef	40g	60
<b>Meat</b>	Chicken	45g	60
<b>Meat</b>	Pork	40g	61
<b>Fish</b>	Salmon	40g	61
<b>Fish</b>	Sardines	40g	62
<b>Fish</b>	Tuna	40g	62
<b>Fish</b>	White	40g	63
<b>Eggs</b>	Boiled Slices	50g	63
<b>Eggs</b>	Fried	50g	64
<b>Eggs</b>	Omelette	50g	64
<b>Eggs</b>	Poached	50g	65
<b>Pulses</b>	Baked Beans	55g	65
<b>Pulses</b>	Chickpeas	40g	66
<b>Pulses</b>	Houmous	40g	66
<b>Pulses</b>	Kidney Beans	40g	67
<b>Pulses</b>	Mini Falafels	40g	67
<b>Pulses</b>	Red Lentils	40g	68
<b>Pulses</b>	Soya Beans	40g	68



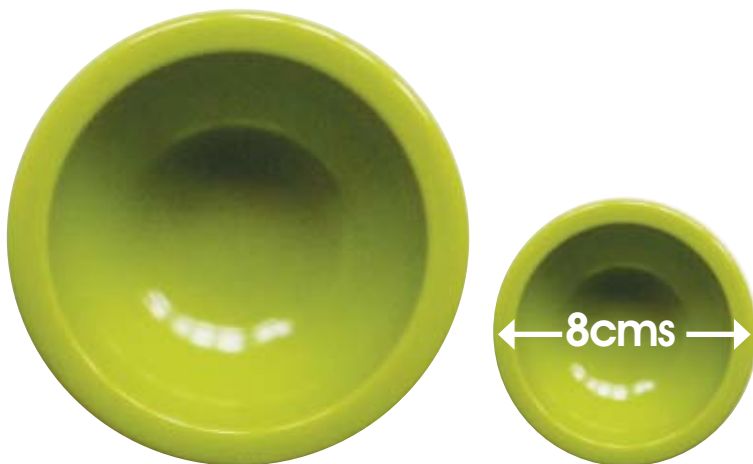
## How to use food portion book

The photos show individual foods, in portion sizes appropriate for 1-4 year olds. These photos can be used to help people identify foods and see typical portion sizes, and can be used with children to talk about food of individual foods.

Each photograph see example below is accompanied by a description and a weight of an average portion for 1-4 years olds.



The actual dimensions of the plates and bowls are shown below and on the next pages





**Plates**





# Fruit



# Apple

**Green Slices**

**40g**



# Apple

**Red Slices**

**40g**



**Fruit**



## Apricots

40g



## Apricots

Canned in Juice

70g

## Avocado

40g



## Banana

Halved

40g



Fruit





## Blackberries

40g



## Blueberries

40g

# Cherries

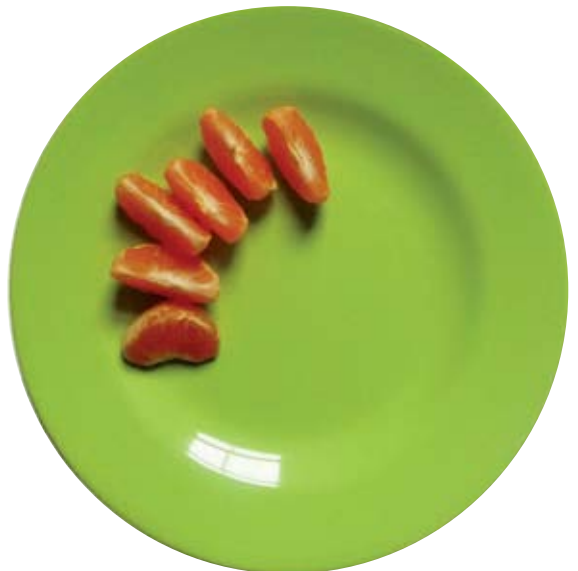
Canned

40g



# Clementine

40g





## Grapes

**Black**

**40g**



## Grapes

**White**

**40g**

**Kiwi**

**40g**

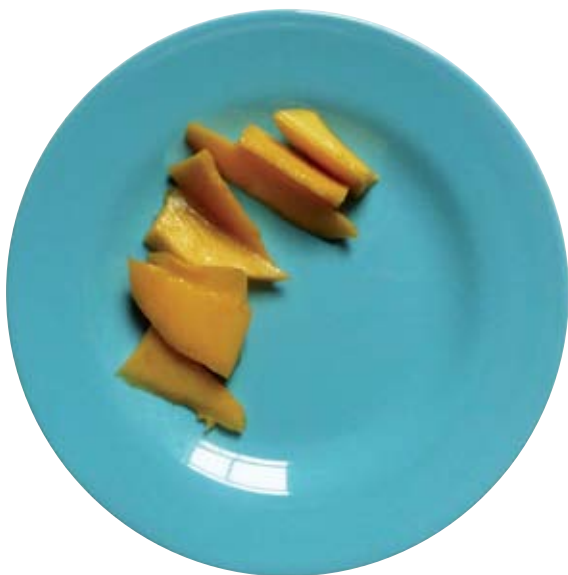


**Mandarins**

**Canned**

**40g**





## Mango

40g



## Melon

Cantaloupe

40g

## Nectarine

40g

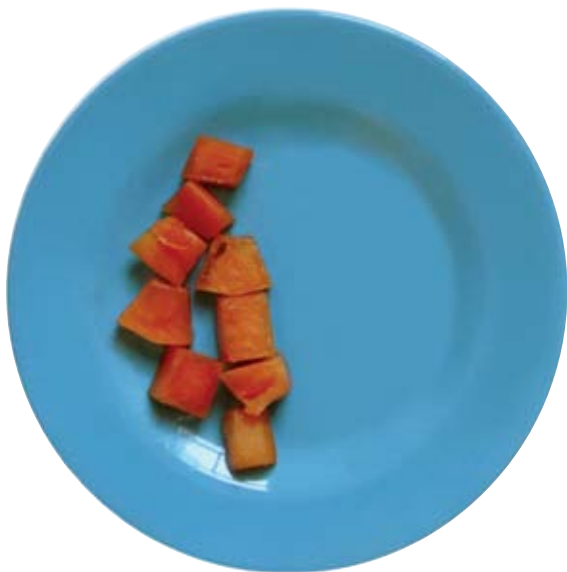


## Orange

40g



**Fruit**



## Papaya

40g



## Peaches

Canned

40g

# Peaches

Canned in Juice

70g



# Pears

40g







## Pears

Canned

40g



## Pineapple

40g

## Pineapple

Canned in Juice

70g



## Plums

40g





## Prunes

Canned

40g



## Raspberries

40g

## Strawberries

40g



## Watermelon

40g



# Vegetables



## Beetroot

40g



## Broad Beans

Red – slices

40g





## Broccoli

40g



## Brussels Sprouts

40g

## Butternut Squash

40g



## Cabbage

40g







## Carrots

40g



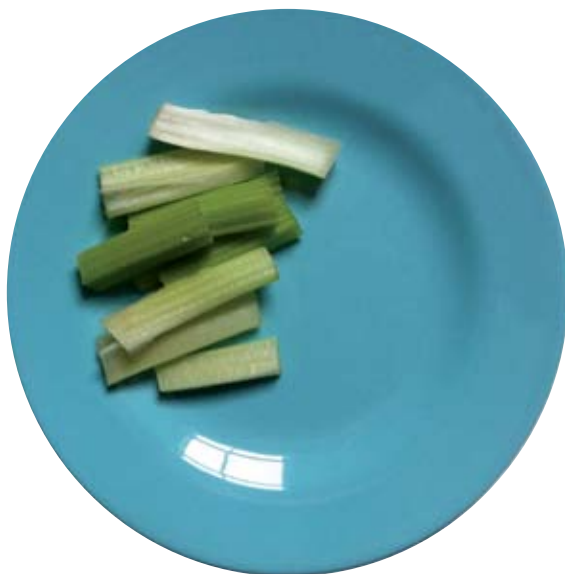
## Cauliflower

40g

# Celery

Sticks

40g

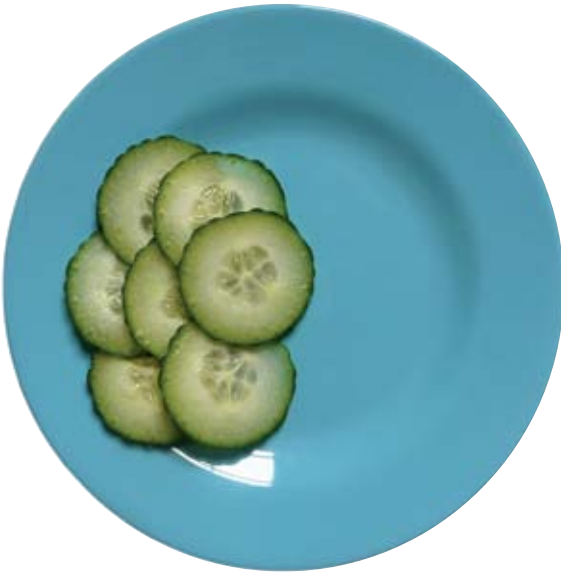


# Courgette

Slices

40g





## Cucumber

Slices

40g



## Green Beans

40g

## Kale

40g



## Leeks

40g





## Lettuce

40g



## Mixed Veg

Broccoli, Carrot  
and Cauliflower

40g

## Mushroom

40g



## Parsnip

40g





## Peas

40g



## Peppers

Green

40g

## Peppers

Red

40g



## Pepper

Yellow

40g







## Plantain

40g



## Roasted Veg

Pepper, Courgette,  
Cherry Tomato  
and Onion

40g

# Spinach

40g



# Swede

Mashed

40g





## Sweetcorn

**Baby**

**40g**



## Sweetcorn

**Canned**

**40g**

# Tomato

Cherry

40g



# Tomato

Raw

40g



# Bread, cereals and potatoes



## Bagel

50g



## Chapatti

20g



**Bread, cereals and potatoes**



## Bread

White Pitta

30g



## Bread

Wholemeal

25g

## Bread

White Toasted

25g



## Couscous

Cooked

80g



**Bread, cereals and potatoes**





## Noodles

**Egg (Cooked)**

**80g**



## Pasta

**Mini (Cooked)**

**80g**

## Pasta

**Penne (Cooked)**

**80g**



## Spaghetti

**White (Cooked)**

**80g**



**Bread, cereals and potatoes**



## Potato

**Chips**

**80g**



## Potato

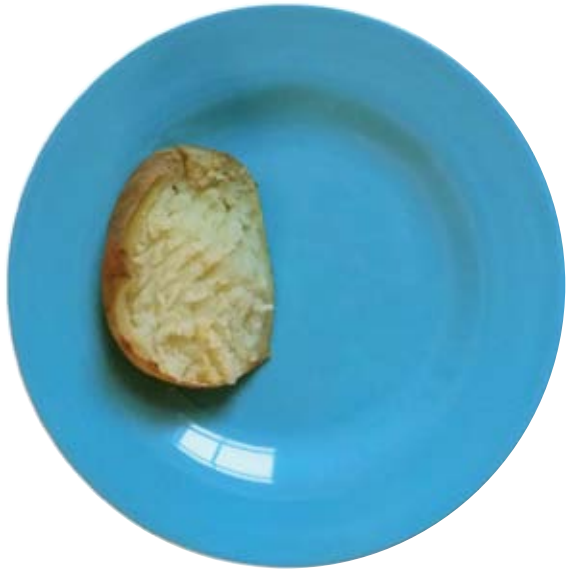
**Mashed**

**80g**

# Potato

**Jacket**

**90g**



# Potato

**New (Slices)**

**80g**



**Bread, cereals and potatoes**



## Rice

**Brown (Cooked)**

**80g**



## Rice

**White (Cooked)**

**80g**

## Sweet Potato

**Mashed**

**80g**



## Yam

**Mashed**

**80g**



**Bread, cereals and potatoes**

# Dairy



## **Cheddar Cheese**

**Cubed**

**15g**



## **Cottage Cheese**

**30g**







## **Edam Cheese**

**Slices**

**15g**



## **Soft Cheese**

**Triangle Spread**

**18g**

## Custard

60g



## Yoghurt

Plain Full Fat

60g



# Meat, fish, eggs and pulses



## Meat

**Beef**

**40g**



## Meat

**Chicken**

**45g**



**Meat, fish, eggs and pulses**



## Meat

**Pork**

**40g**



## Fish

**Salmon**

**40g**

## Fish

Sardines

40g



## Fish

Tuna

40g



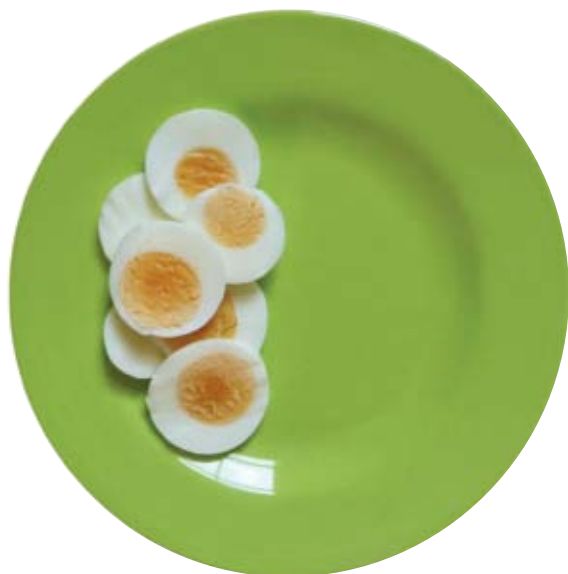
**Meat, fish, eggs and pulses**



## Fish

White

40g



## Eggs

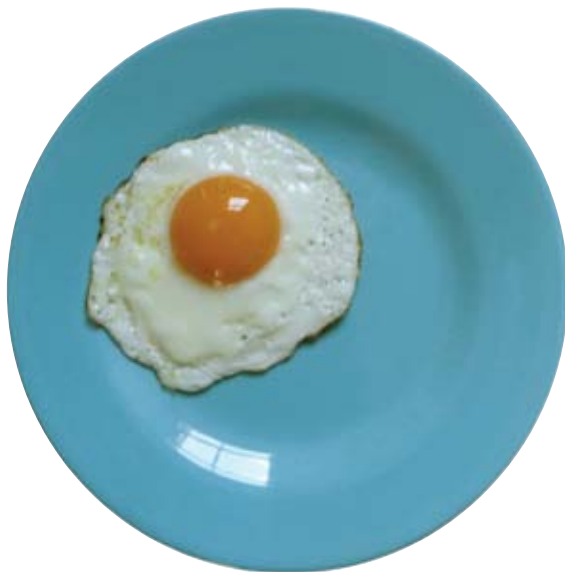
Boiled Slices

50g

## Eggs

Fried

50g



## Eggs

Omelette

50g



**Meat, fish, eggs and pulses**

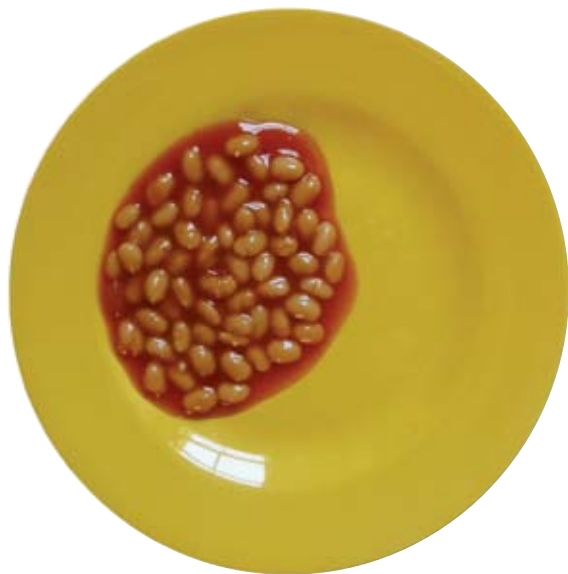




## Eggs

Poached

50g



## Pulses

Baked Beans

55g

## Pulses

Chickpea

40g



## Pulses

Houmous

40g



Meat, fish, eggs and pulses



## **Pulses**

**Kidney Beans**

**40g**



## **Pulses**

**Mini Falafels**

**40g**

## Pulses

Red Lentils

40g



## Pulses

Soya Beans

40g



Meat, fish, eggs and pulses

This resource was commissioned by Government Office South West and developed by NHS Bristol following consultation with Childminders in Bristol, Gloucestershire and Somerset

NHS Bristol would like to thank the **Caroline Walker Trust** for allowing us to use the food photographs from their CHEW resource 'Eating well for 1-4 year olds'. The Caroline Walker Trust is a charity which aims to improve public health through good food for more information about them and how to obtain any of their publications, see their website: **[www.cwt.org.uk](http://www.cwt.org.uk)**

For information about their photo resources for different age groups of children and young people see the website: **[www.cwt-chew.org.uk](http://www.cwt-chew.org.uk)**

We would like to thank all the Childminders and the Childminding Support Officers from across the South West region who participated in the consultations that shaped the development of the resource.

**The resource was designed by John O'Carroll Graphic Design**

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