



# 5532-a-day

Perfect portions for toddler tums

## Drinks

Offer 6-8 drinks a day

Examples of foods and toddler portion sizes:

### 5 -a-day Starchy Foods (Potatoes, bread, rice & pasta)

- 1/2-1 slice bread
- 1-2 rice cakes or oat cakes
- 3-5 tbsp breakfast cereal
- 1-3 tbsp mashed potato
- 2-4 tbsp cooked pasta/rice

### 5 -a-day Fruit & Vegetables

- 1/2-2 tbsp raisins
- 1/4-1 banana
- 3-8 grapes
- 1/2-2 tbsp peas
- 1/2-2 tbsp broccoli

### 3 -a-day Dairy Foods (Milk, cheese & yogurt)

- 1 beaker of milk (100ml)
- 1 pot of yogurt (125ml)
- 1 cheese triangle

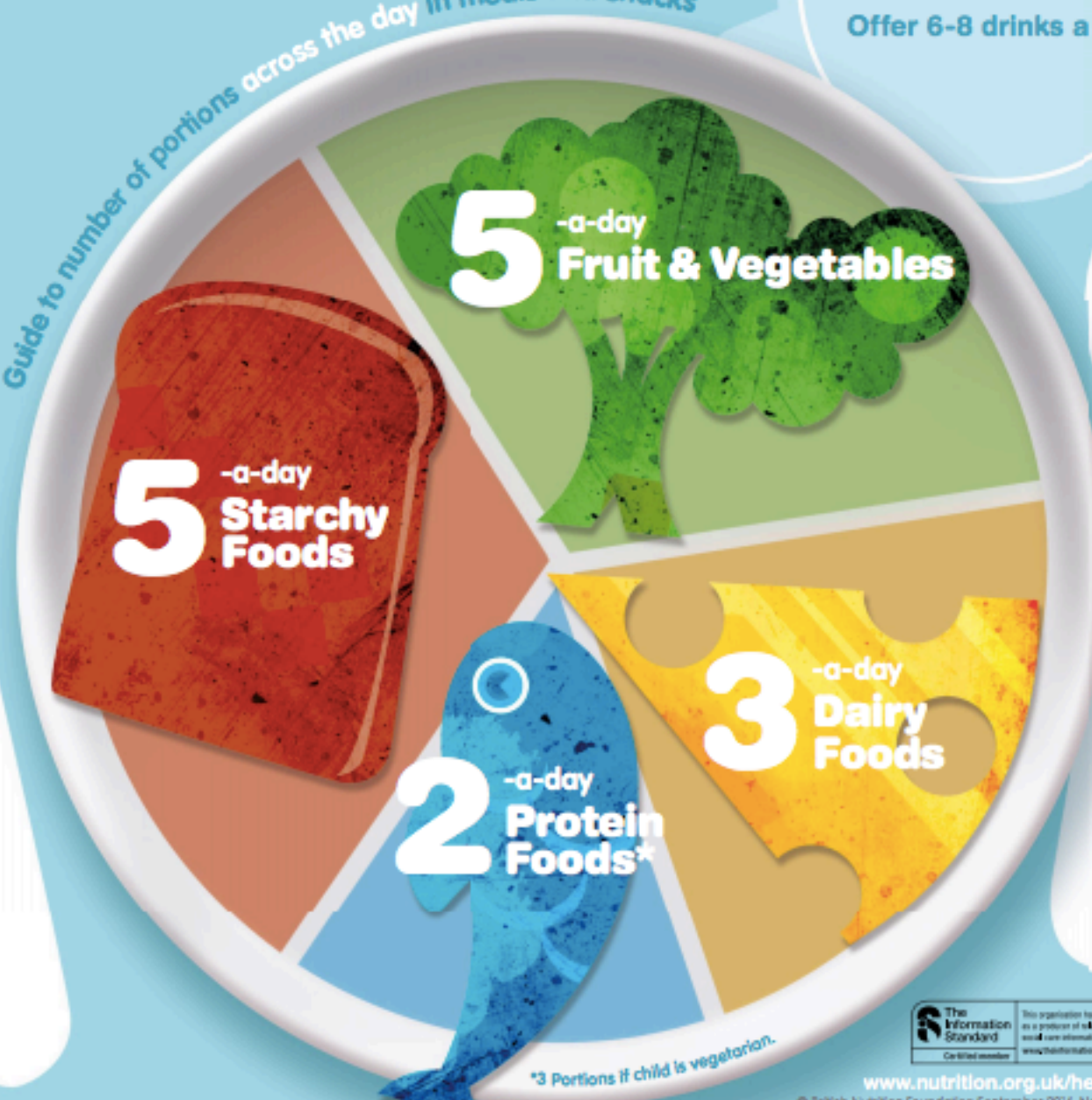
### 2 -a-day Protein Foods

3 portions if child is vegetarian  
(Meat, fish, eggs, beans & nuts)

- 2-3 tbsp chickpeas, kidney beans, dhal, lentils or beans
- 2-4 tbsp cooked minced meat

See overleaf for more examples...

Guide to number of portions across the day in meals and snacks



\*3 Portions if child is vegetarian.



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[www.nutrition.org.uk/healthyliving/toddlers](http://www.nutrition.org.uk/healthyliving/toddlers)

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