

Recommended Daily Servings and Portion Size				
Food shelf	1-3 yrs	3-5 yrs	Serving size	Benefits
Meat ; Fish / Alternatives	2 small servings	2 servings	A pork /lamb chop or homemade burger.	Iron - to help healthy blood flow
			2 slices of lean roast/boiled/grilled/ovenbaked meat or chicken/turkey	
			Medium sized fillet of fish / 2 fish fingers	
			2 eggs	
			9 dessertspoons baked beans /peas/lentils	
Milk ; Cheese; Yoghurt	3 servings	3 servings	1 glass of milk	Healthy bones
			1 carton of yoghurt	
			30g hard cheese	
			2 cheese slices	
			1 bowl of milk pudding	
Fruit and Vegetable	2-4 servings	4 or more servings	1 medium sized fruit - banana; apple; orange	Healthy skin; eyes etc
			1/2 glass unsweetened juice, diluted with water	
			3 dessertspoons of stewed or tinned fruit or fresh fruit salad	
			3 dessertspoons chopped raw, salad or cooked vegetables	
			home made veg soup	
Bread, Cereals, Potato	4 servings	4-6 servings	1 slice bread white or wholegrain	Energy
			1 small bread roll	
			1 small cereal	
			1 small scone	
			1 medium potato; 3 desertspoons of rice or pasta.	