

Getting the right balance of food groups, all in a child-size portion is tricky. But it's also important to make sure your toddler has all of the goodness they need to grow. We've put together this guide to help you through the mine-field of nutritious meal times.












Portion size guide

Plate	Bowl	Small bowl
20	12	8
cm diameter	cm wide +4cm deep	cm wide +3cm deep

What to put on your toddler's plate?

Your child should be eating 3 meals a day with 3 snacks in between.



Food Group	No. servings a day	1 serving equals
Carbohydrates (bread, cereals, potatoes)	3-4 	1 tbsp mashed potato 1/2 - 1 slice bread 1 tbsp cereal, 1/2 Weetabix
Fruit & Veg 	5  	1 tbsp soft or mashed veg 1/2 - 1 piece of fruit 
Dairy (milk, cheese, yoghurt)	3 (500ml whole milk) 	20g cheese, 1 small pot of yoghurt or fromage frais
Meat and eggs	2-3 	1/2 - 1 tbsp minced or finely chopped with gravy/sauce 1/2 - 1 hard-boiled egg
Fish 	2	1/2 - 1 tbsp minced or finely chopped with gravy/sauce
Drinks	6-8 (inc. milk) 	3/4 teacup (100ml)

A balanced diet means

treats too!

- A teaspoon of **sugar** or two every so often is important to stay balanced
- It's recommended that your child has no more than **2g salt** per day
- Keeping an eye on **fat** means your child can still enjoy treats and stay healthy



At Little Pioneers, we cook all of our meals on-site.

When we can, we look to source our food from **local** producers. We also create our menus with **seasonal products** to make sure that everything is at its tastiest when we cook it, giving your child all the **goodness** they need.

