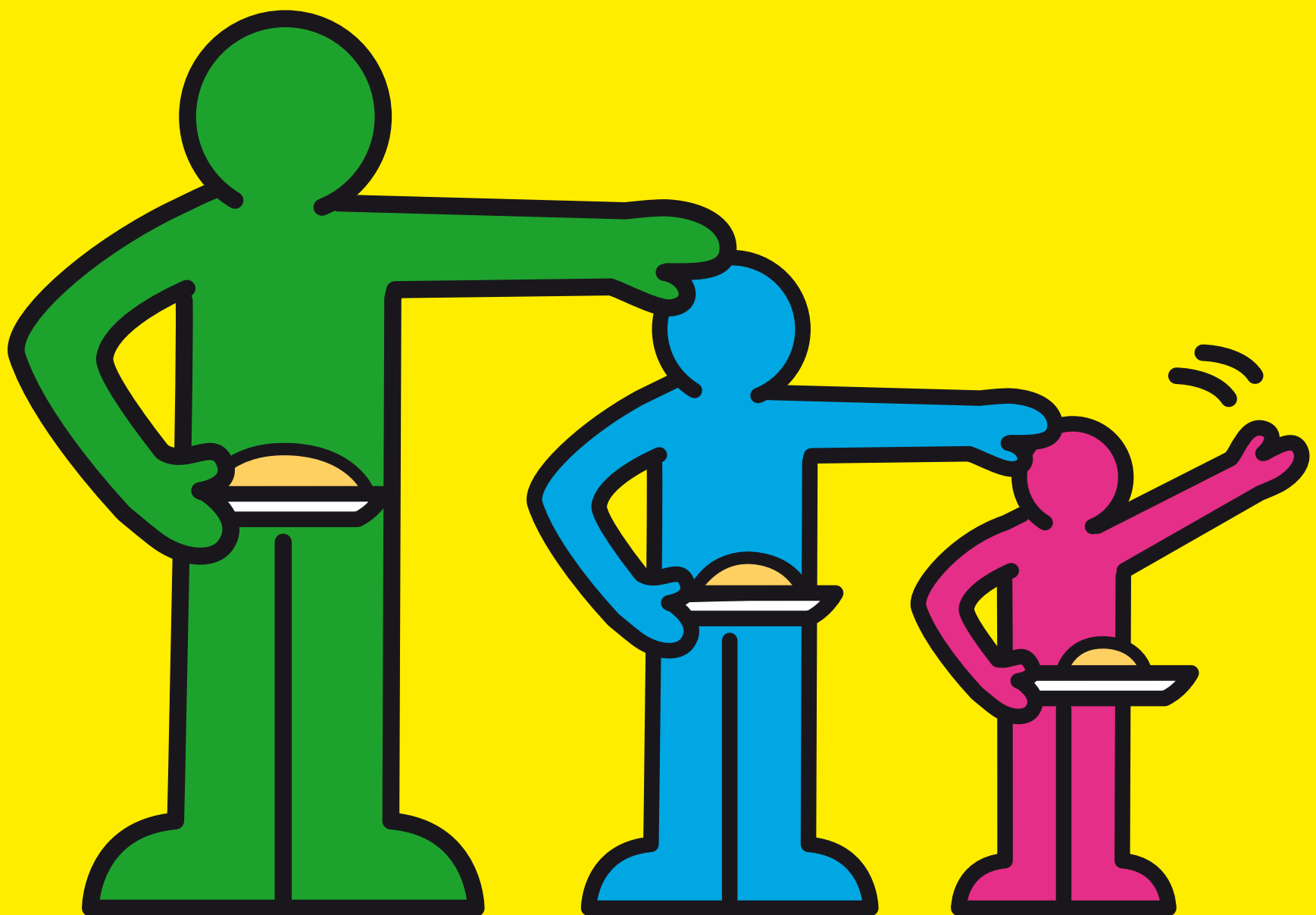


me size meals

How to make sure kids eat the right sized
portions for their age



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me size meals

Kids really only need portions that match their age – a five year old needs less than a ten year old and a ten year old needs less than a grown up. Here are some tips to make sure they get the right amount and aren't over-fed:

1. Make a fist

Look at the size of your child's fist compared to yours. Not only are their fists, hands and feet smaller than yours, their stomach is too. So when you are serving up remember to give your kids smaller amounts of food than adults. It will still fill them up, just not till they're bursting!

2. Clean plates

We all love to see clean plates coming back from our kids. Give them a chance of finishing their food by giving them a portion that matches their size to begin with.

3. Don't nag them to eat up

We've all done it. Our parents did it to us. But it's healthier to serve them a kid sized portion and if they're still hungry, let them ask for more. If you use Snack Check to ensure they're not filling up on snacks they will also be more likely to eat well at meal times.

4. Watch packaging sizes

Many foods and drinks (like cans of sugary drinks) are packaged for adults and for sharing. Don't automatically give it all to a child, try saving some for later, or dividing it out – it's better for them and will save money too.

These swaps are suitable for children over the age of 2. Children under 2 should have full fat dairy products. From age 2 you can gradually introduce lower fat foods providing they are a good eater and growing well.