

# Top Tips and Activities! Portion Distortion



Many of us underestimate the amount of food we eat and tend to overestimate the recommended portion sizes for many foods. Remember children only need a portion that matches their age and size. Here are some top tips to make sure you are serving your children with the right amount of food.

## **Is this enough... or is it too much...**

Look at your child and compare their size to yours. As you will notice you are much bigger than them, this will relate to their hands, feet and stomach. So when you are serving remember to give your child smaller amounts of food. Giving them bigger portions will not make them grow faster but it will encourage their bodies to store the excess food as fat.

## **Packaging!**

Remember that the majority of food that is already packaged e.g. crisps, chocolate, sweets and drinks are all adult sized or for sharing. Do not automatically give your child a packet of crisps or a bottle of juice, divide them into bowls first, that way your child will get the correct portion he or she requires for their age.

## **Keep them clean!**

As parents we all want to see clean plates. To get that clean plate you have been looking for give your child a chance and give them a portion of food they are likely to finish - this should match their size.

## **Nag...Nag...Nag!**

We had it done to us and I am sure you have done it to your children, but did the nagging work? Provide your child with a portion of food they can realistically eat. Once they have eaten it, and if they are still hungry then you can provide them with more, this will not only stop you from nagging them but also save money from the lack of food waste at the end of the meal.

# Portion size examples!



## Bread, other cereals and potatoes:



2 egg sized potatoes



2 slices of bread

## Fatty and Sugary foods:



A 25g packet of crisps



A small slice of cake

## Fruit and Vegetables:



1 medium banana

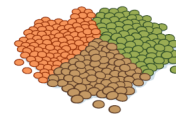


Handful of dried fruits

## Meat, Fish and alternatives:



Hand sized portion of meat

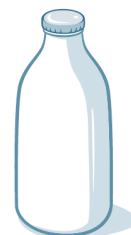


1 table spoon of lentils

## Milk and Dairy foods:



A match box size piece of cheese



Medium glass of milk