

Portion Size Guidance Parent / Young Person Copy

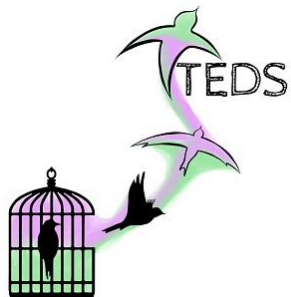
Cereals

Cereal	½ portion	1 portion
Alpen		½ mug
Branflakes		1 mug full
Coco-pops	½ mug	1 mug full
Cornflakes	½ mug	1 mug full
Crunchy nut cornflakes	½ mug	1 mug full
Frosties	½ mug	1 mug full
Fruit 'n' fibre		1 mug full
Ready Brek	20g (4 heaped dtsp)	40g (7 heaped dtsp)
Rice krispies	½ mug	1 mug full
Shredded Wheat		2 pieces
Weetabix		2 pieces

Please note the higher fibre breakfast cereals are not suitable for the starter meal plans and meal plan 1

Protein portions – for parent's guidance

	½ portion	1 portion
Curry, casseroles	2 heaped tbsp	4 heaped tbsp
Pasta/potato dishes	4 heaped tbsp	8 heaped tbsp
Sandwich fillings e.g. Tuna mayo	1 heaped tbsp	2 heaped tbsp
Sausages (including veggie)	1 sausage	2 sausage
Omelette	1 omelette	1 omelette (2 eggs)
Fish cakes/fish portion	1 fish cake ½ portion fish 1 ½ fish fingers	2 fish cakes 1 portion fish 3 fish fingers
Chicken drumsticks	1	2
Chicken nuggets	3	6
Roast meats	½ thick slice or 1 thinly sliced	1 thick slice
Cheese in sandwich/baked potato filling/with baked beans	1 heaped tbsp	2 heaped tbsp
Baked beans	2 heaped tbsp	4 heaped tbsp



Carbohydrates – portion guidance for parent's

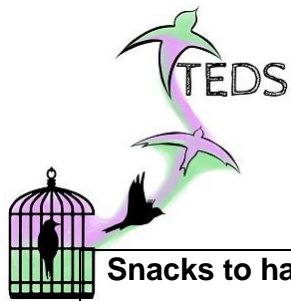
	½ portion	1 portion
Potatoes - boiled	2 potatoes	4 potatoes
Potatoes – mashed	1 scoop	2 scoops
Potatoes – roast	2 potatoes	4 potatoes
Potatoes – chipped/ saute	1 tbsp	2 tbsp
Croquette potatoes	2 croquettes	4 croquette
Jacket potato	½ medium	1 medium
Rice – boiled	2 heaped tbsp	4 heaped tbsp
Pasta - boiled	2 heaped tbsp	4 heaped tbsp

Vegetables – portion guidance for parents

	½ portion	1 portion
Vegetables	1 heaped tbsp	2 heaped tbsp
Baked beans	1 heaped tbsp	2 heaped tbsp
Salad	2 heaped tbsp	4 heaped tbsp

Desserts – portion guidance for parents

	½ portion	1 portion
Custard	2 tbsp	4 tbsp
Rice pudding	2 tbsp	4 tbsp
Cream	1 tbsp	2 tbsp
Ice cream	Small scoop	1 scoop



Nutritious Snacks

Snacks to have with milky coffee or glass of fruit juice	Snacks which don't require extra drinks
<ul style="list-style-type: none"> • 1 slice toast with peanut butter • 1 slice toast with butter + jam/honey/marmite • 1 hot cross bun with jam / honey / margarine • 1 teacake with jam / honey / margarine • 1 English muffin with jam / honey / margarine • 1 fruit scone • 1 croissant • ½ Danish pastry • 2 x crumpets with margarine / jam / marmite • Muller Fruit / Crunch corner • Yoplait Perle du Lait desserts • Cadbury's Twin pot desserts • Galaxy chocolate / caramel desserts • 1 x Rolo dessert • 1 x individual fruit fools • 1 x individual trifles • 1 x Muller rice • 1 x cornetto • 2 slices malt loaf (plain) – from sliced loaf • Cereal (40g) +200ml whole milk • 2 oatcakes with peanut butter • 2 oatcakes with hummous • 2 slices French stick with butter • 1 sausage roll (snack size approx. 65g, not mini) • 1 mini pork pie • Elevenses cereal bar / bake bar • Nature Valley granola bar (x 2 slices) • 35g nuts 	<ul style="list-style-type: none"> • 1 x bagel with jam / honey / margarine • 2 x Mr Kipling cake slices • 1 x individual cheesecake • 1 x snickers (58g) • 50g nuts • 1 x muffin cake (from 4 pack) • Build up milkshake • 2 slices malt loaf, buttered – from sliced loaf • Smoothie – made with 200ml whole milk + 1 banana with 1 x chocolate biscuit or 2 x plain biscuits • Milkshake – made with 200ml whole milk + 15g Nesquick with 1 x chocolate biscuit or 2 x plain biscuits • Hot chocolate – made with 200ml whole milk + regular hot choc powder with 1 x chocolate biscuit or 2 x plain biscuits