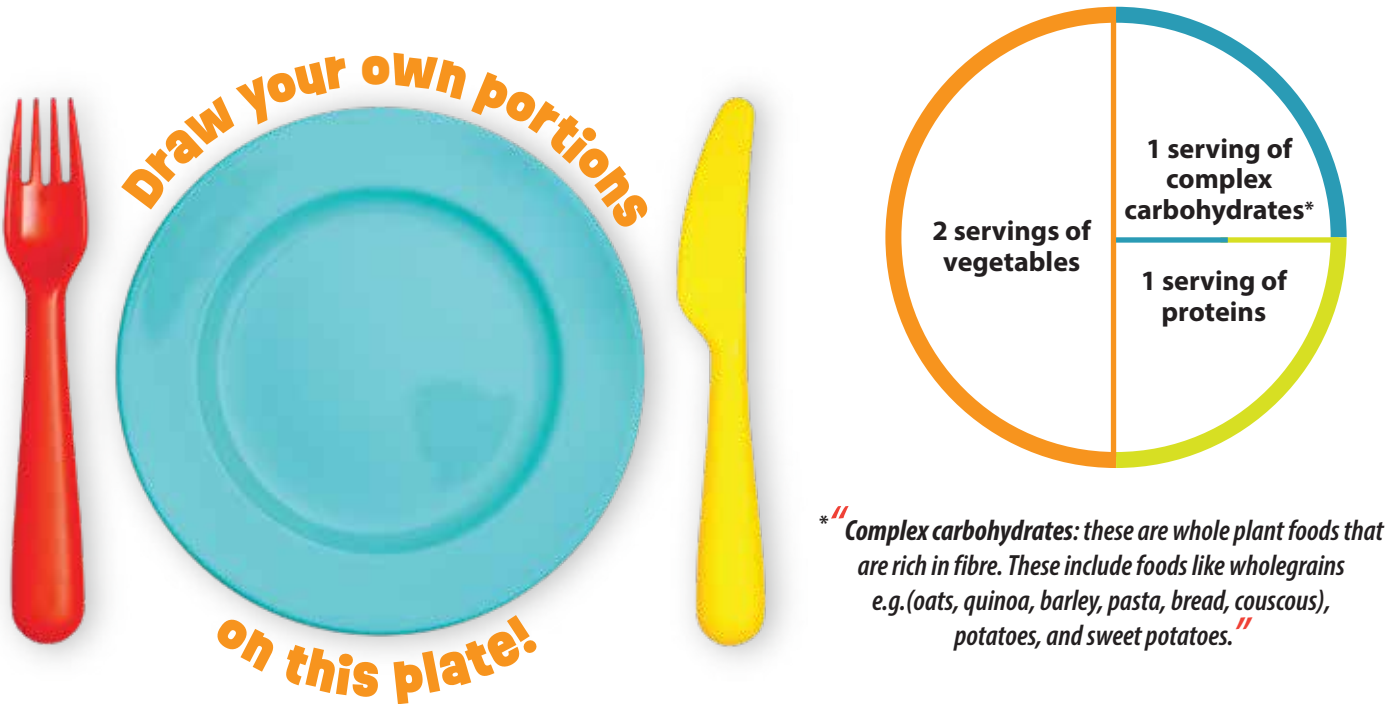
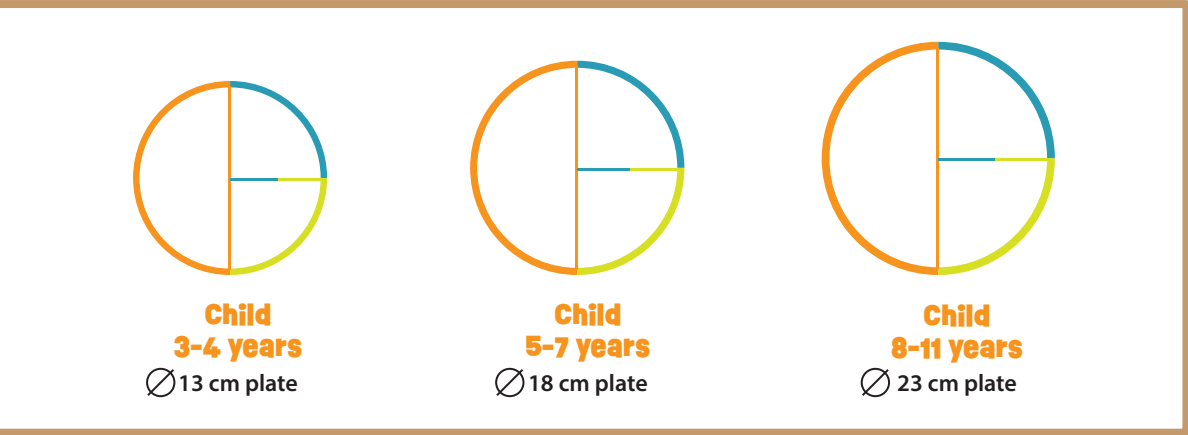


Let your child practise



**//Complex carbohydrates: these are whole plant foods that are rich in fibre. These include foods like wholegrains e.g.(oats, quinoa, barley, pasta, bread, couscous), potatoes, and sweet potatoes.//*



 **Health Promotion & Disease Prevention Directorate**
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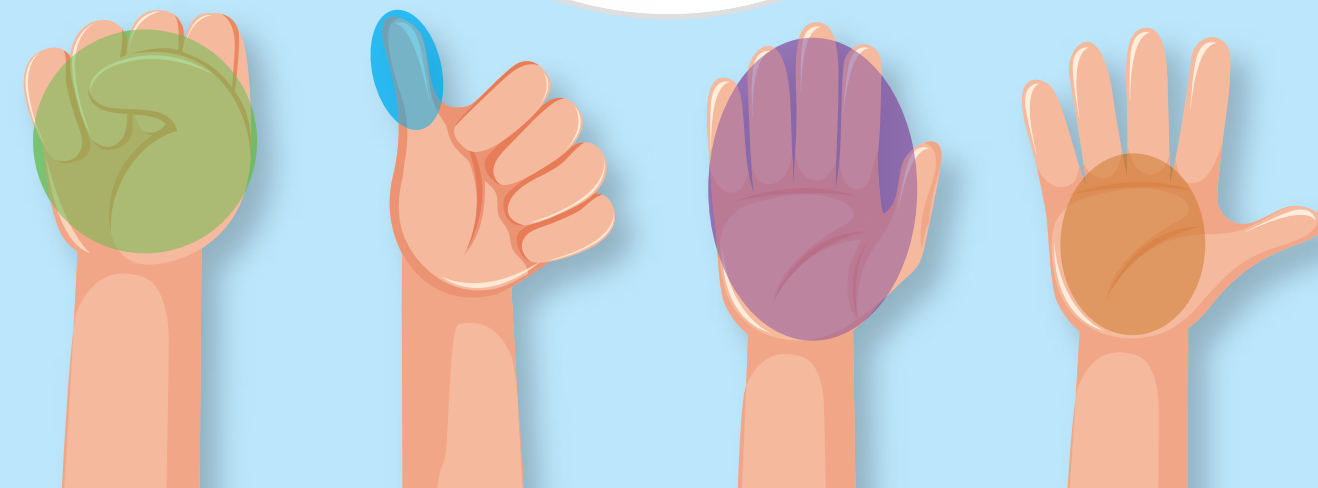
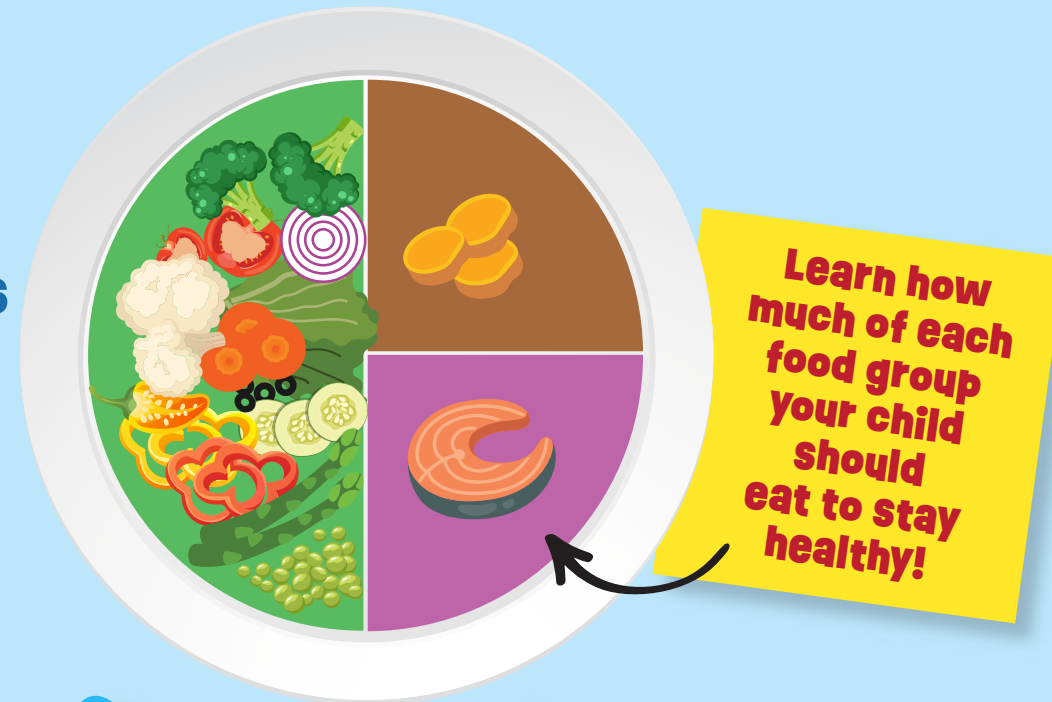



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Children's food portion sizes made easy!

For parents or guardians of children aged 3-12 years!



The Hand Guide

A child's hand is a helpful guide to determine the right food portion size. As your child grows, so does their hand, and that is how much food they need!

Vegetables

Number of servings: 3-5 per day

One serving of raw leafy vegetables = the size of both your child's palms

One serving of raw non-leafy vegetables = the size of your child's fist

Fruit

Number of servings: 2-3 per day

One serving of fruit or berries = the size of both your child's cupped hands

Leafy vegetables (e.g. baby spinach, kale, and rucola), other vegetables (e.g. broccoli, tomatoes, carrots, pumpkin, kohlrabi, cabbage, celery, leeks, aubergines, artichokes, onions, and coloured peppers).

E.g. grapes, tangerines, banana, apple, kiwi, strawberries and watermelon

Fun Fact:

Vegetables and fruit help your child grow big and strong! They are packed with vitamins and minerals to keep your child healthy!

Cereals, cereal products, & potatoes

Number of servings: 3-4 per day

One serving of uncooked pasta, rice or potato = the size of your child's fist

One serving of bread = the size of your child's whole hand

Proteins

Number of servings: (1-2 per day)

From the below selection:

Red meat: < 2 servings/week, **Poultry:** 2 servings/week
Legumes: ≥ 2 servings/week, **Fish:** ≥ 2 servings/week
Eggs: 2-4 servings/week, **Nuts & seeds:** 1-2 servings/week

One serving of lean meat, poultry, legumes, or oily fish = the size of your child's palm

One serving of white fish = the size of your child's whole hand

One serving of an egg = one medium-sized egg

One serving of nuts & seeds = the size of your child's whole thumb

E.g. barley, oats, quinoa, potatoes (preferably with the skin on) as well as wholegrain rice, bread, pasta, couscous, and bulgur wheat.

E.g. lean meats, chicken, turkey, legumes, fish such as tuna and salmon, eggs, nuts, and seeds. Children under 5 years should only be given finely ground nuts and seeds to avoid the risk of choking.

Fun Fact:

Whole grains give your child energy to play all day, and proteins build muscles so your child can jump higher and run faster!

Milk & milk products

Number of servings: 2-3 per day

One serving of 2.5% fat or semi-skimmed milk or plain, unsweetened yoghurt = the size of your child's fist

One serving of cheese = the size of two of your child's whole thumb

Healthy fats

Number of servings: 1-2 per day

One serving of healthy fats = the size of your child's whole thumb

E.g. plain milk, plain unsweetened yoghurt, ricotta, cheeselet, cottage cheese, and other low-fat cheeses

E.g. olives, olive oil, avocados, and avocado oil

Fun Fact:

Milk makes you strong. It is packed with calcium to build strong bones and teeth! Healthy fats help your child think better and also keeps them full of energy!