

























Portion-control GUIDE

Use this handy guide to pack an age-appropriate healthy and filling lunch for the little ones.

| PORTION SIZE | FOOD | SERVING PER DAY (4-7 YEARS) | SERVING PER DAY (8-12 YEARS) |
|--|--|---|---|
|  2 palms |  Vegetables |  1 |  2 |
|  1 fist |  Fresh fruit Bread, pasta, rice, pap, potatoes |  2 |  2 |
|  1 palm |  Meat, fish, chicken, eggs, beans, lentils |  2 |  2 |
|  1 thumb |  Peanut butter, ¼ avocado, butter, 5 olives |  1 |  2 |
|  2 fingers |  Cheese |  1 |  2 |
|  1 cup |  Dairy |  1 |  2 |

Need more info? Get in touch with our friendly dietitian at healthhotline@pnp.co.za or 0800 11 22 88