

Get Portion Wise

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Diet-related ill health in the UK

Obesity cost the NHS £7.3bn in 2022

Over a quarter (27%) of children aged 2 – 15 years are overweight or obese

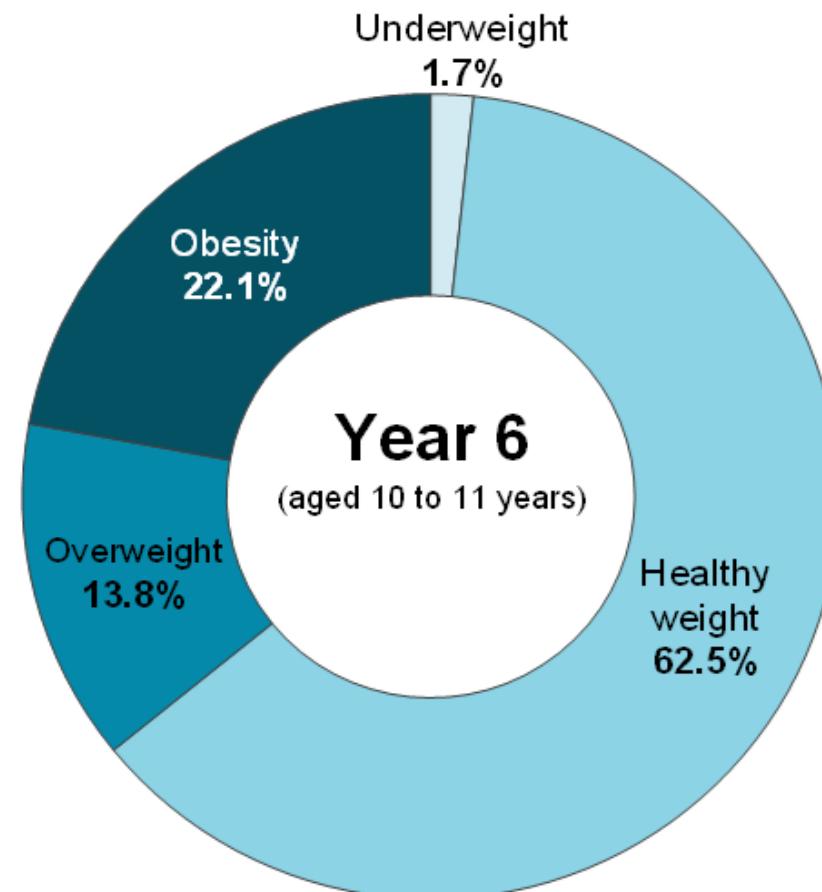
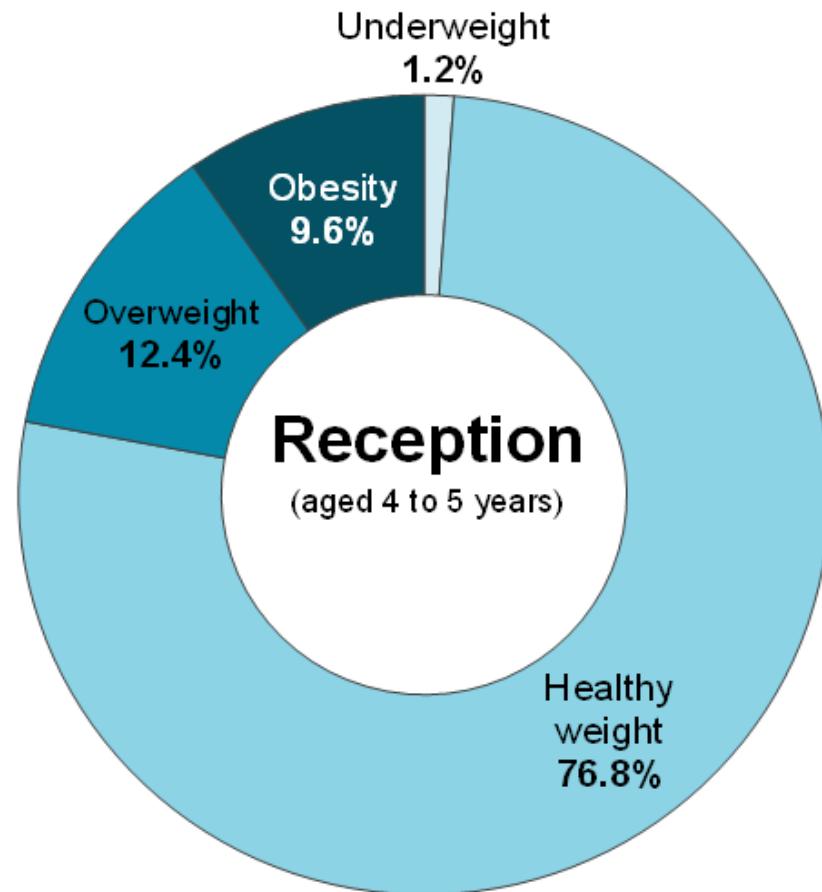
Children living with obesity are approximately five times more likely to be living with obesity in adulthood

Obesity reduces life expectancy by 3 years or 8-10 years if severe.



BMI status of children by age

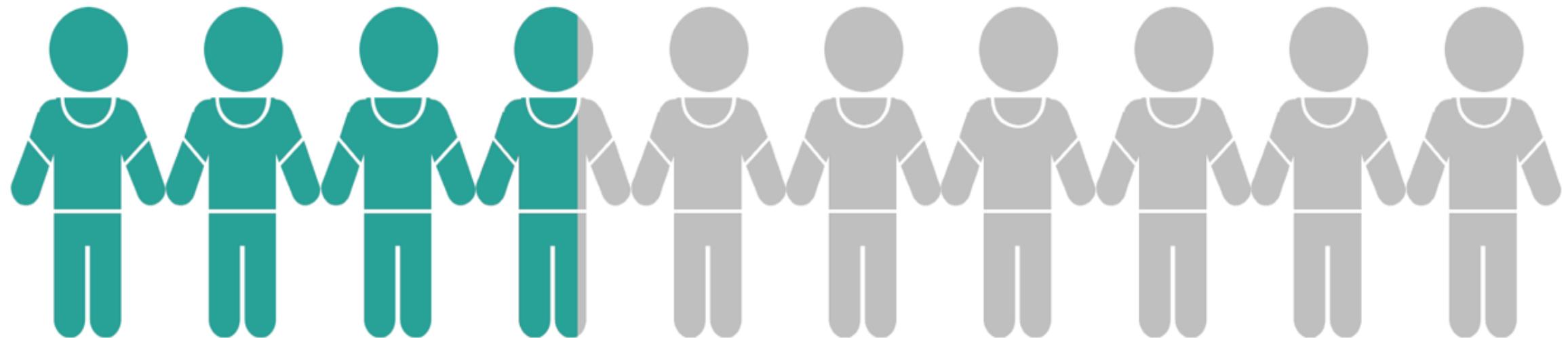
National Child Measurement Programme 2023 to 2024



Year 6: Prevalence of overweight (including obesity)

National Child Measurement Programme 2023 to 2024

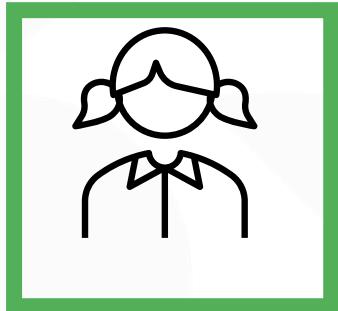
In 2023 to 2024, 35.8% of children in year 6 (aged 10 to 11 years) were overweight or living with obesity
(boys 38.1%, girls 33.5%)



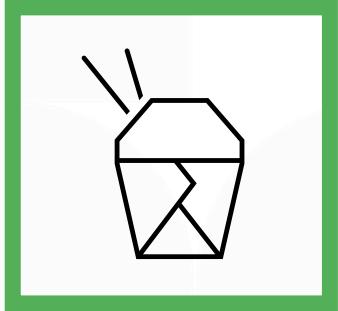
What is a portion size?



Why portion sizes?



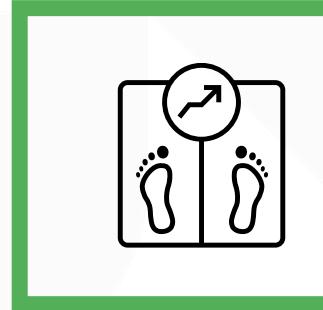
Children's food related health issues including **obesity** is a big concern



Having a healthy diet is about **how much** as well as **what** we eat



Studies show both adults and children **eat more** when given a **larger portion**



Larger portion sizes can lead to **excess calorie intake** and **weight gain**



Understanding portion sizes can help us get the **balance right in our diet**

Survey data demographics

3-5 December
2024

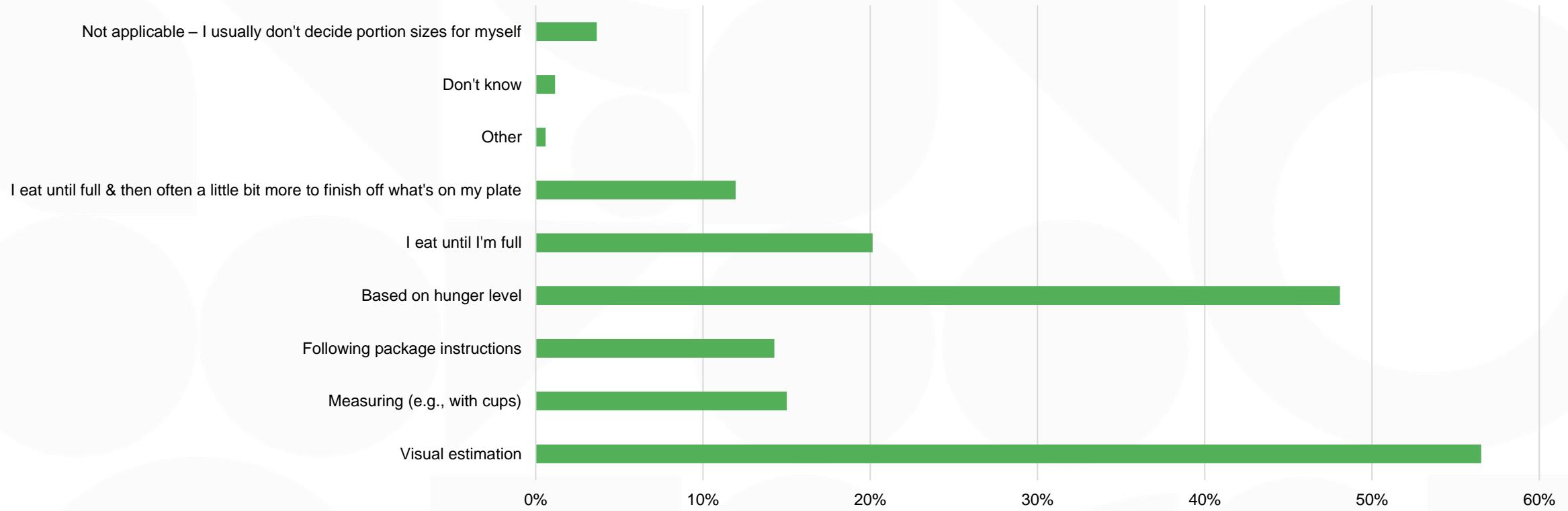
YouGov survey
completed online

Total sample
size of 4,369

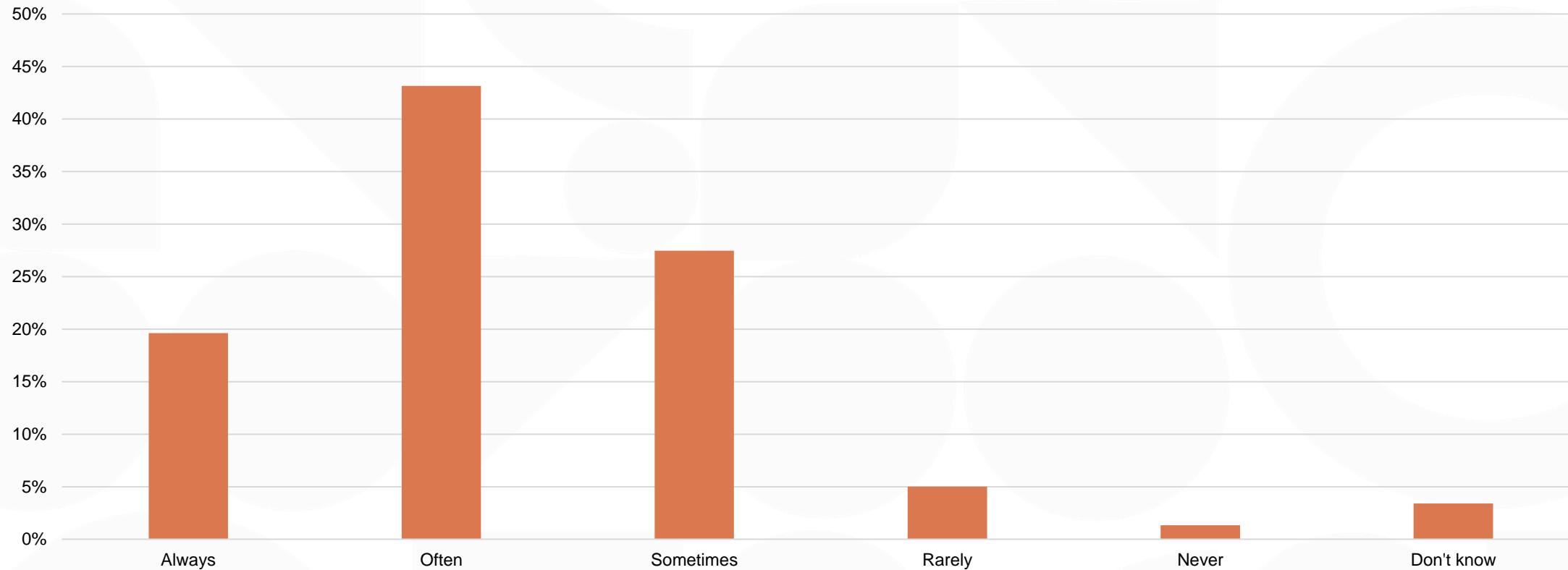
1,430
respondents
have children
between the
ages of 4 – 18



When preparing/ serving out a meal or choosing a snack... How do you usually decide how much/what portion sizes to serve yourself?



When serving meals/ snacks at home, how often, if at all, do you feel confident in choosing the right portion sizes for your child(ren)?



Resources

Portion size measures using your child's hands:

- Breakfast cereal (flakes, puffs etc) – about 3 medium handfuls
- Baked potato – about the size of their fist
- Dried pasta shapes/rice – about 2 handfuls
- Cooked pasta, rice, noodles – about the amount that would fit in two hands cupped together
- Cooked chicken breast or fish fillet – about the size of their hand
- Cooked red meat – about the size of their palm
- Hard cheese – about the size of two thumbs



Portion Sizes



Key Messages



Variety and balance

Smart snacks

Start small-
offer more

No pressure

Child sized
portions



In the classroom

- Lack of equipment in the kitchen
- Aid students with additional needs
- Share information with parents, carers and students via newsletter, open day, health eating assembly, bulletin board, classroom display



[Eating social story](#)

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A screenshot of a presentation slide titled 'Eating social story' with a green 'MULTI-YR' button. The slide shows a photo of children eating at a table, including a child in a wheelchair. Below the photo is the text: 'A social story presentation around eating and sharing food together.' At the bottom are 'PPT' and 'Download' buttons.



New portion size guide shows what we should all be eating - and you might be surprised

Nutritionists have come up with easier ways to measure food in a bid to tackle obesity

Nutritionists reveal what your child's portion size should really be – you might be shocked

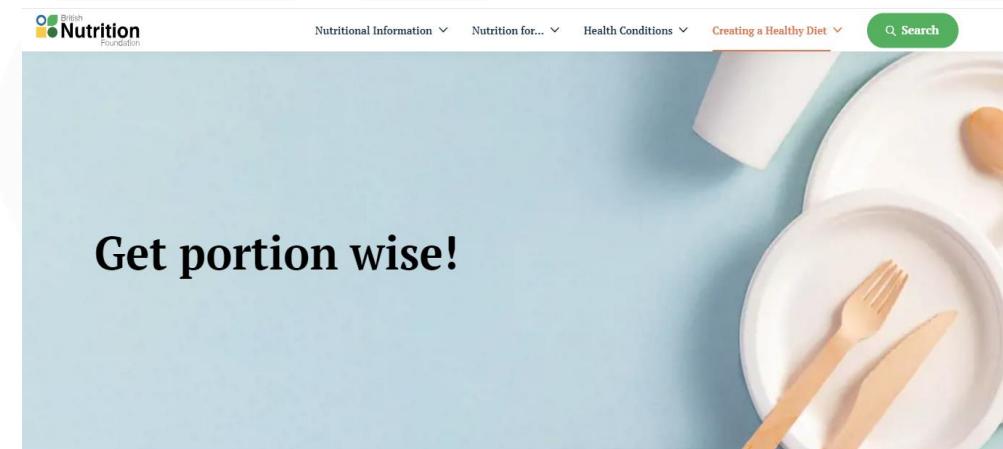
The British Nutrition Foundation has published guidance on how much food children should eat at mealtimes and the findings may surprise you as 7% of parents always or often make their children eat everything on their plate

By [Martin Bagot](#), Health and Science Editor

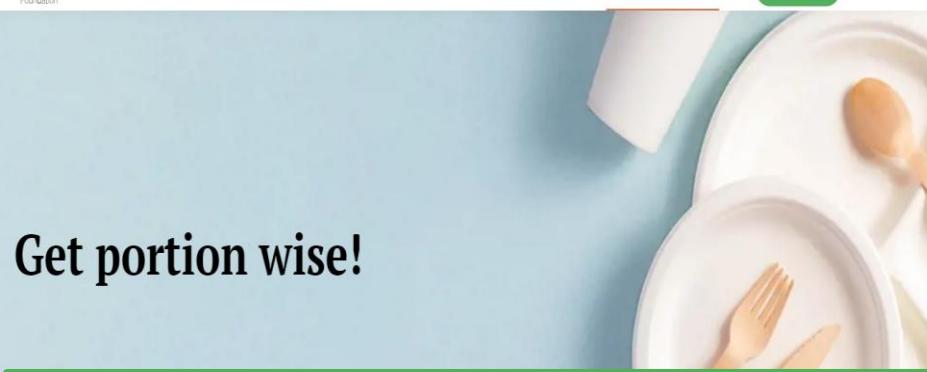
Evening Chronicle · 6d

Large portions and forcing kids to finish meals could be fuelling obesity, warns study

Large food portions for children may be contributing to the UK's obesity crisis, with over a third of parents insisting their children always finish their meals, according to nutritionists.



Get portion wise!



Food	Veg and fruit	Starchy food	Dairy	Protein
Breakfast: Cereal and milk with sliced banana.				
Snack: Oatcakes and cheese				
Lunch: Wholemeal pitta bread with hummus and salad. Tangerine				
Snack: Apple				
Dinner: Spaghetti with mixed sauce				
TOTAL				

Get portion wise

Adult and child portion size chart



www.nutrition.org.uk

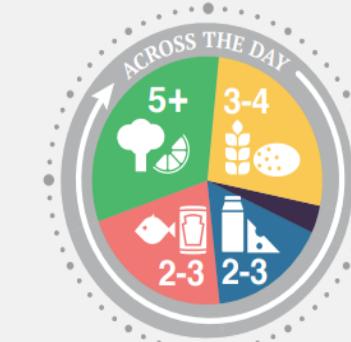
British Nutrition Foundation

Your balanced diet - get portion wise!

A balanced diet can keep you healthy and help you maintain a healthier weight.

Eating a balanced diet is about having the **right types** of foods and drinks in the **right amounts** for you!

Each day, aim for:



	At least 5 portions of fruit and vegetables	5+
	3-4 portions of starchy foods	3-4
	2-3 portions of protein foods	2-3
	2-3 portions of dairy/alternatives	2-3
	Small amounts of unsaturated oils and spreads	SMALL AMOUNTS

These guides were originally developed by the British Nutrition Foundation, with guidance from a panel of expert scientists and financial support from: Alpro, Asda, Associated British Foods, Mars, Marks & Spencer, Sainsbury's, Tesco, Tetrapak and Waitrose & Partners. Subsequent evaluation and revision has been funded by EIT Food, the world's largest food innovation ecosystem, supported by the European Institute of Innovation and Technology (EIT), a body of the EU. © British Nutrition Foundation November 2021.

Across the day

Here is an example of how this can look in meals and snacks across the day.

Breakfast					
Wholegrain cereal and milk					
A banana					
Small glass of orange juice					
Morning snack					
An apple					
Lunch					
Tuna and sweetcorn sandwich					
Carrot sticks					
2 satsumas					
Afternoon snack					
Cheese and oatcakes					
Evening meal					
Spaghetti bolognese					
Broccoli					
Small pot of fruit yogurt					
Total daily portions	7	4	2		3

Measuring your portion sizes

Food	Portion size
Fruit	About a handful or more
Vegetables	About 3 serving spoons or more
Breakfast cereal	About 3 handfuls
Dried rice or pasta	About 2 handfuls
Baked potato	About the size of your fist
Bread	2 slices (or 1 as a snack)
Chicken breast	About the size of your whole hand
Steak	About the size of your palm
Dried lentils	About 2 handfuls
Nuts and seeds	The amount you can fit in your palm
Cheddar cheese	About the size of two thumbs together
Yogurt	One individual pot or about 4 tablespoons

To find out more about how to find the right balance for you, have a look at our *Your balanced diet* booklets at: www.nutrition.org.uk



Co-funded by the European Union

Get Portion Wise! resources





Thank You

