

# Get Portion Wise

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# Diet-related ill health in the UK



Obesity cost the NHS £7.3bn in 2022

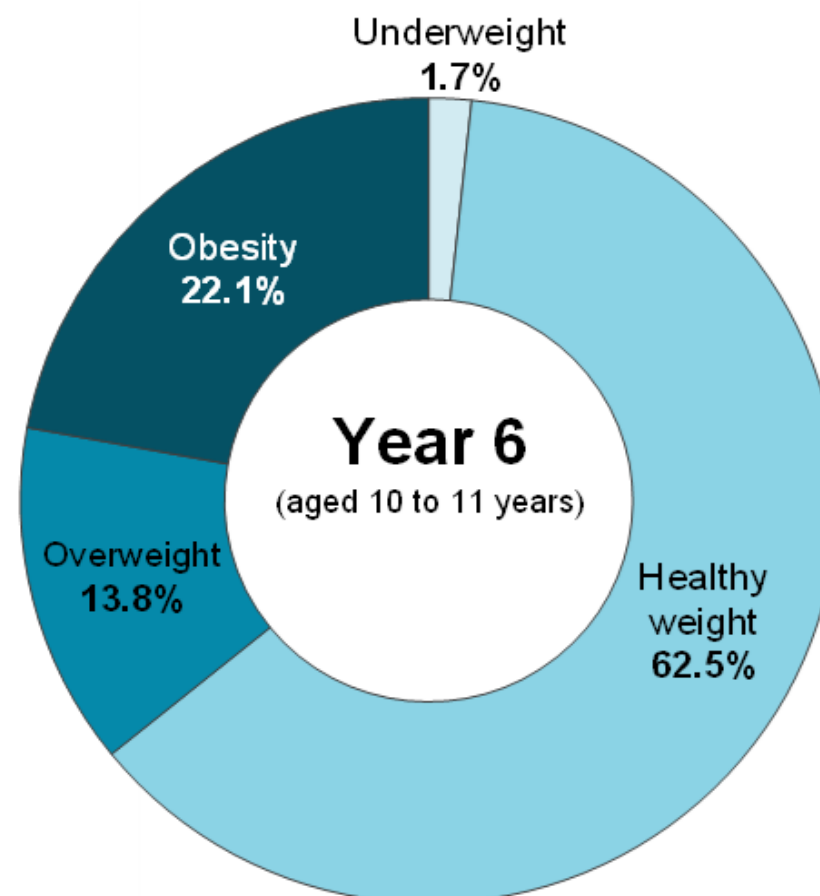
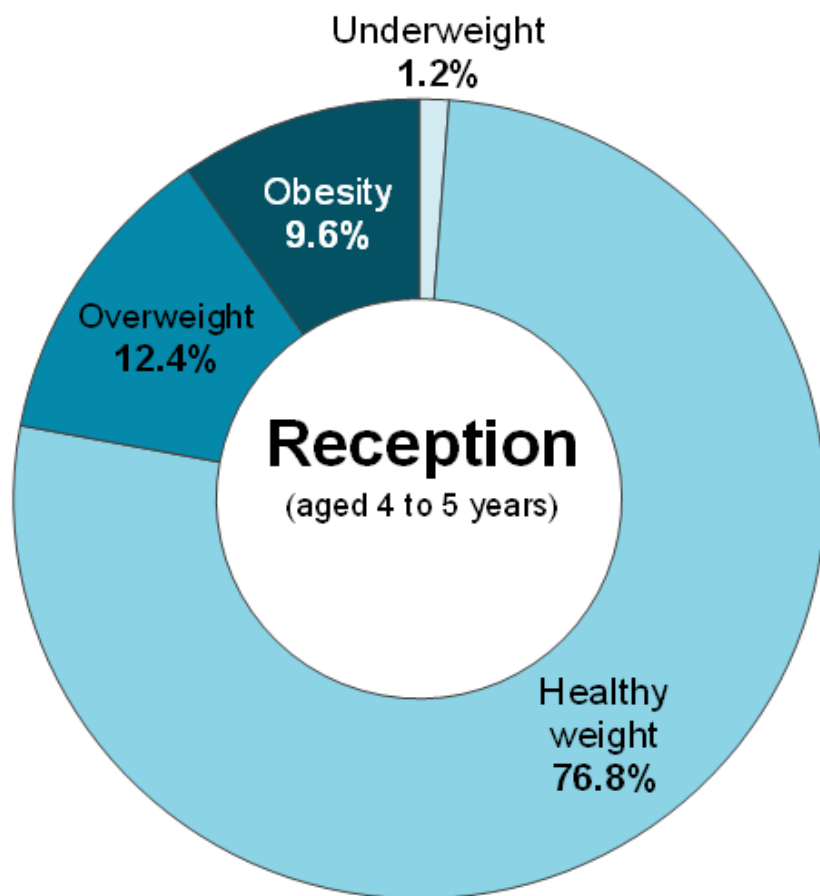
Over a quarter (27%) of children aged 2 – 15 years are overweight or obese

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

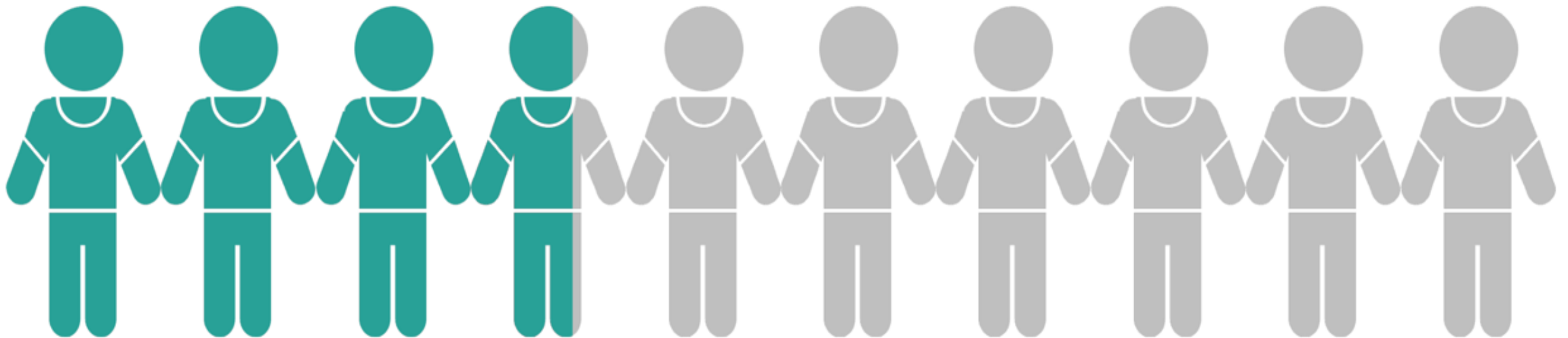


[Office for Health Improvement and Disparities \(OHID\), National Child Measurement Programme, Nov 2024](#)

# 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%)**



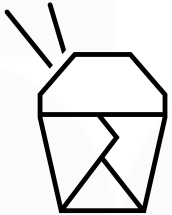
# What is a portion size?



# 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

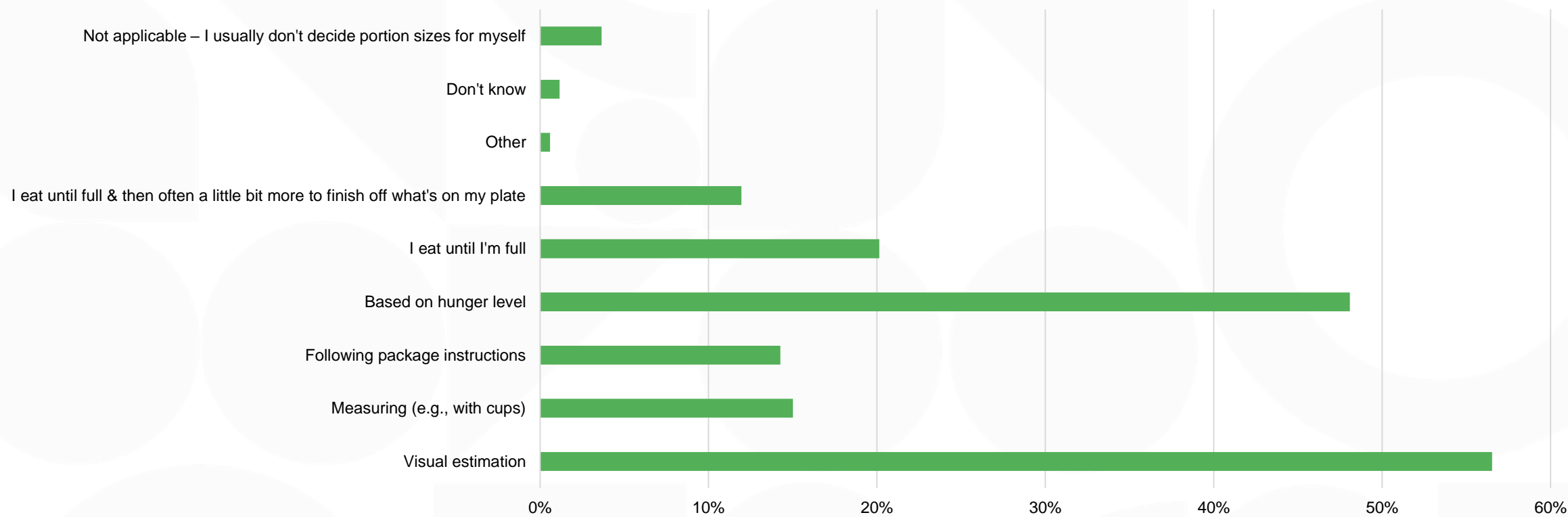
YouGov survey  
completed online

Total sample  
size of 4,369

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

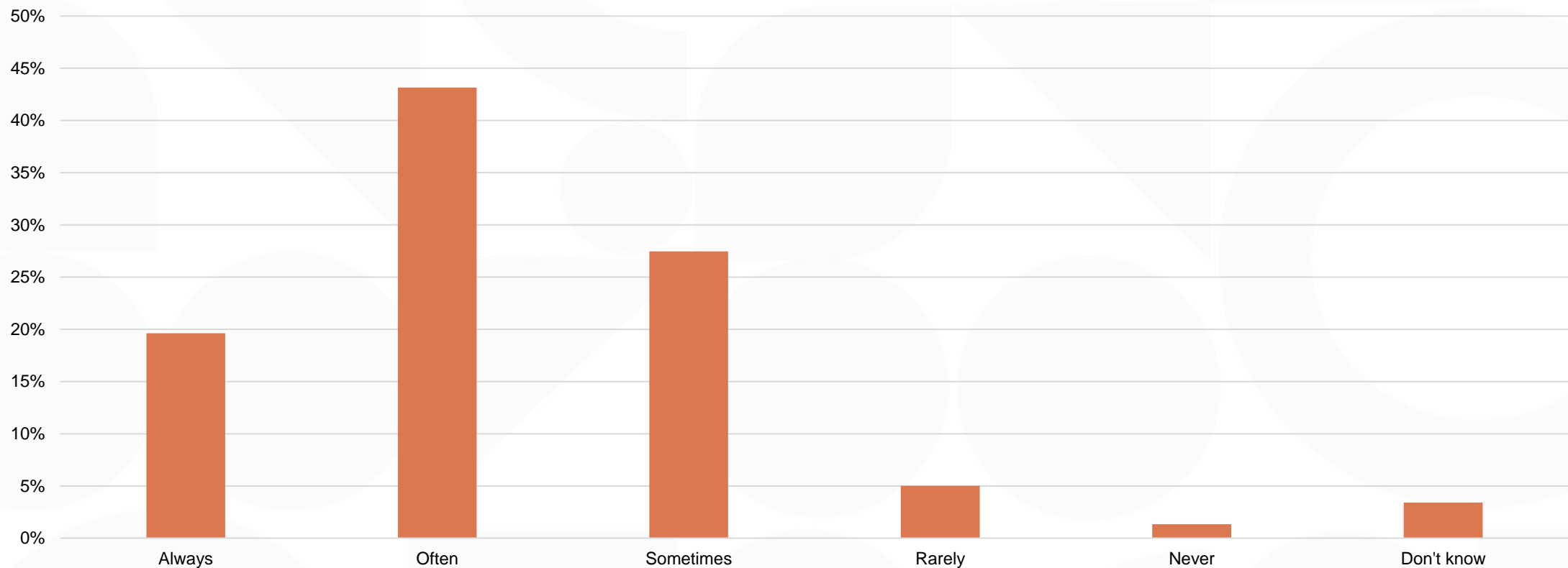


# When preparing/ serving out a meal or choosing a snack... How do you usually decide how much/what portion sizes to serve yourself?





# 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



# 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



Fish fillet



the size of a hand



Spaghetti



Finger and thumb



Dried rice



Cupped hands



[Eating social story](#)





# 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

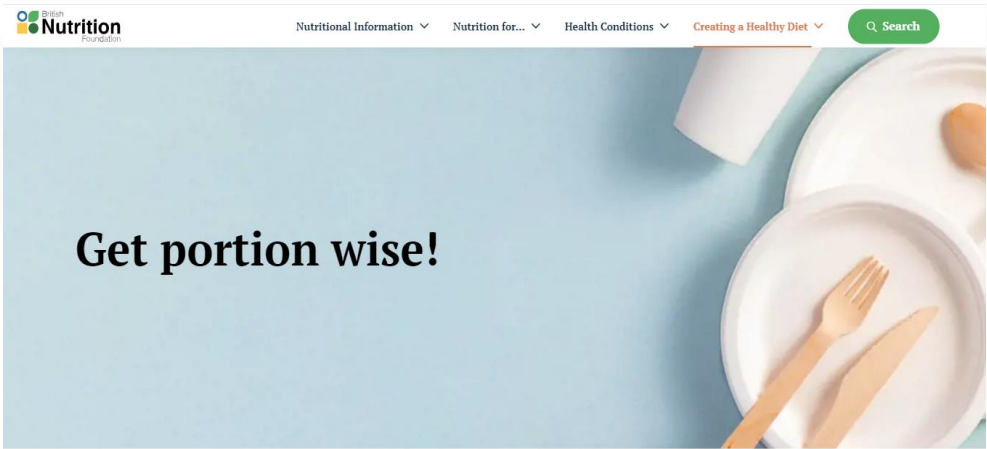
The British Nutrition Foundation has published guidance on how much food children should eat at mealtimes and the findings may surprise you as 7% of parents always or often make their children eat everything on their plate

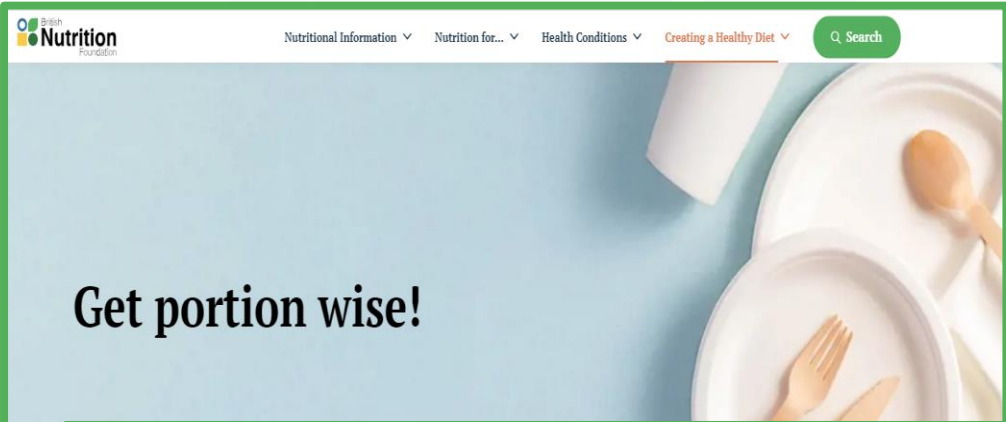
By **Martin Bagot**, Health and Science Editor













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.











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

### Get portion wise

Adult and child portion size chart



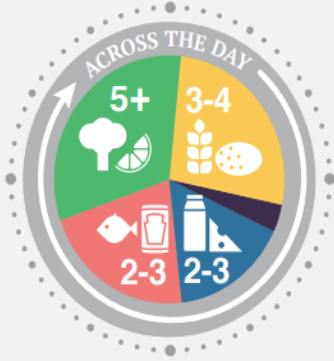







www.nutrition.org.uk

# 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	<b>5+</b>
	3-4 portions of starchy foods	<b>3-4</b>
	2-3 portions of protein foods	<b>2-3</b>
	2-3 portions of dairy/alternatives	<b>2-3</b>
	Small amounts of unsaturated oils and spreads	<b>SMALL AMOUNTS</b>

## Across the day

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

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

## 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](http://www.nutrition.org.uk)



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.

[Get Portion Wise! resources](#)





# Thank You

