

Me Size Meals

Remember kids tummies are smaller than grown ups so they don't need the same amount of food

What is me size meals?

It seems obvious, but kids have smaller stomachs than adults and need to eat smaller amounts of food regularly. Me size meals is all about portion control and making sure your kids eat the right amount of food for their age and size.

How much is enough?

It can be difficult working out how much to give and especially as kids grow at different rates and have different activity levels. One practical way of working out how much to give them is to make a fist and compare it with your kids. Smaller hands and smaller feet, means smaller stomachs too. Overfeeding kids can not only stretch their stomachs and make them feel uncomfortable, it can lead to extra fat storing up in their bodies too which can increase their risk of developing heart disease, type 2 diabetes and some cancers later in life.

Top tips for incorporating me size meals

- Find or buy some child-sized plates and bowls. Me size plates, cups and bowls = me size portions
- Kids can help with laying the table, it'll help them be more independent and make them feel part of mealtimes too
- Turn off the TV and turn on the conversation. Watching TV, toys and playing computer games are all distractions which can make it difficult to concentrate on mealtimes
- Offer a small drink at mealtimes – water or diluted 100% fruit juice (1 part juice to 10 parts water to protect their teeth) are good options
- Serve up smaller portions – if they're on child-sized plates and bowls it'll be easier to tell if they are having the right amount
- Offer 2 courses at meal times, a savoury one followed by a pudding like yoghurt, fruit salad, fruit crumble and custard, it makes mealtimes more interesting and helps them get all the calories and nutrients they need
- Trust when they are full up – some signs babies and toddlers have eaten enough are:
Saying no
Keeping their mouth shut or turning their head away when food is offered
Pushing away the bowl, plate or spoon containing food
Crying, shouting or screaming
- If they don't want anymore take away the uneaten food without making a fuss

Suzy Startwell says...

Sit down and eat together as a family whenever you can. Mealtimes are a good opportunity for kids to practice their speaking and listening skills and for adults to role model healthy eating



Micky me size

