



# SIMPLY VEG

## CHILDREN'S PORTION GUIDE

Any fresh, frozen or tinned veg counts towards your 5-a-day, except for white potatoes, plantains and yams. A child's portion is 50g, this can be hard to visualise. For a child, the easiest way to measure is what will fit into their hand. Aim for 3 handfuls of veg per day.

