

# PORTION NUMBERS FOR GIRLS



Girls						
Age	Fruit & Veg	Bread, Rice, Potatoes, Pasta	Milk & Dairy Foods	Meat, Fish, Eggs, Beans	High in Fat and/or sugar	Extras
5	5+	5	2	2	1	1
6	5+	5	2	2	1	1
7	5+	5	2	2	1	1
8	5+	6	2	2	1	1
9	5+	6	2	2	2	1
10	5+	7	3	3	2	1
11	5+	7	3	3	2	1
12	5+	7	3	3	2	1
13	5+	8	3	3	2	1
14	5+	8	3	3	3	1
15	5+	8	3	3	3	1
16	5+	8	3	3	3	1