Healthy Ireland Food Pyramid to Daily Meal Plan
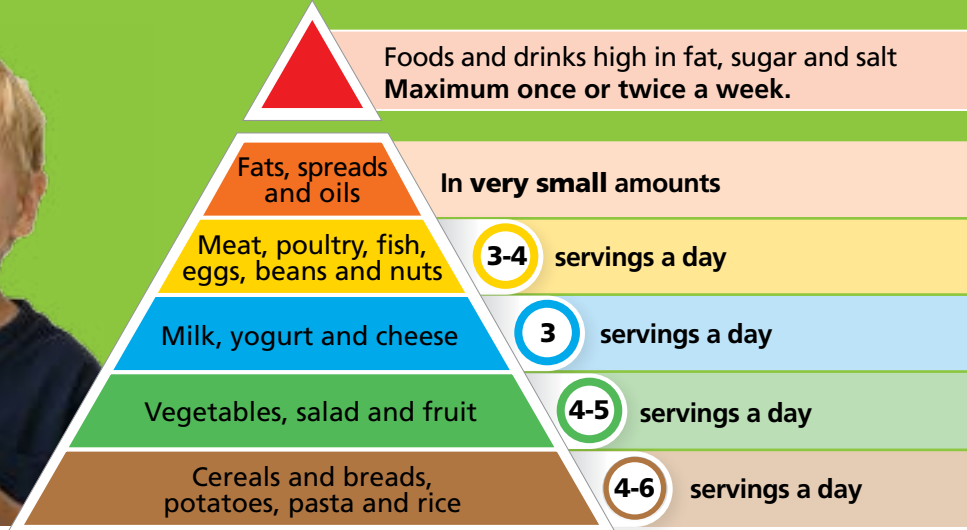## A guide for children aged 3

Michael is a 3 year old boy whose family has a vegetarian diet.

Food Pyramid:

- Foods and drinks high in fat, sugar and salt **Maximum once or twice a week.**
- Fats, spreads and oils — In **very small** amounts
- Meat, poultry, fish, eggs, beans and nuts — **3-4** servings a day
- Milk, yogurt and cheese — **3** servings a day
- Vegetables, salad and fruit — **4-5** servings a day
- Cereals and breads, potatoes, pasta and rice — **4-6** servings a day

Breakfast

- **1** — **200ml** milk for porridge and to drink
- **1** — **5-6** strawberries, cut in quarters
- **1** — **½ cup (30g)** porridge made with 100ml milk

Lunch

- **1** — 1 boiled egg
- **1** — **1 slice** of bread with 5g spread
- **1** — 1 mandarin

Dinner

- **1** — 1/4 cup (40g) chickpeas
- **1** — **½ cup (40g)** mix of onions and peppers
- **2** — 1 cup (80g) rice
- **1** — 1 pot (125g) plain yogurt

Mid-morning snack

- **1** — **35g** hummus
- **1** — **3-4** cucumber sticks

Mid-afternoon snack

- **1** — **25g** cheese
- **1** — 2 crackers

Evening snack

- **1** — **1 slice (35g)** malted fruit loaf with 5g spread

Give 100ml water to drink with meals

For more information visit **www.gov.ie/healthyireland**