



Healthy Ireland Food Pyramid

A guide for children aged 1–4



The red triangle at the top of the Children's Food Pyramid

The red triangle at the top of the Children's Food Pyramid contains food and drinks high in fat, sugar and salt. These are NOT needed for health or for keeping children at a healthy weight.

Maximum once a week in tiny amounts

Sweets, chocolate, biscuits, cakes, fizzy drinks or crisps should not be a part of your child's everyday diet. Having foods and drinks from this shelf spoils your child's appetite for more nutritious food.

If you decide to give your child these foods offer them in TINY amounts and only once a week.

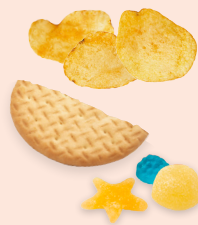
What is a TINY amount?

- 1 square of chocolate
- 5 crisps
- Half plain biscuit
- 3 soft sweets

Healthy Eating Habits



These foods can be linked to childhood obesity.



While it's best not to offer these foods and drinks to children aged 1 to 4 years old at all, tiny amounts may be offered occasionally.



Sugary foods and drinks are not good for your child's teeth.



Frozen pizza can be high in fat so limit it to a very small slice once a week.



Frozen foods like chicken nuggets, burgers or chips can be high in fat and salt and should be limited to small amounts once a week.



Takeaways can be high in fat and salt and should not be part of your child's diet.