

# **Healthy Ireland Food Pyramid to Daily Meal Plan**

A guide for children aged 1

Foods and drinks high in fat, sugar and salt Maximum 1-2 a week and in TINY amounts

Lucy is a 1 year old healthy child within the average range for growth at this age.



Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts servings a day

Milk, yogurt and cheese

servings a day

Vegetables, salad and fruit

servings a day

Cereals and breads, potatoes, pasta and rice

servings a day



#### **Breakfast**

- 1 cup (200ml) milk for cereal and to drink
- 1/2 1/2 mandarin in segments
- 2 tablespoons (30g) iron fortified wheat flakes



#### Lunch

- 1/2 **15g** cheddar cheese
- 2 tablespoons (30g) 1/2 tomato pasta sauce
- 2 tablespoons (30g) cooked macaroni pasta



#### **Dinner**

- **30g** chopped chicken
- 1 **30g** carrots and green beans
- 1/2 ½ scoop mashed potato
- 1/2 1 (47g) fromage frais



## Mid-morning snack

1 (47g) fromage frais



### Mid-afternoon snack

1 teaspoon (12g) peanut butter

1/2 1 cracker



## **Evening snack**

**100ml** breastmilk or milk



Give 100ml water to drink with meals