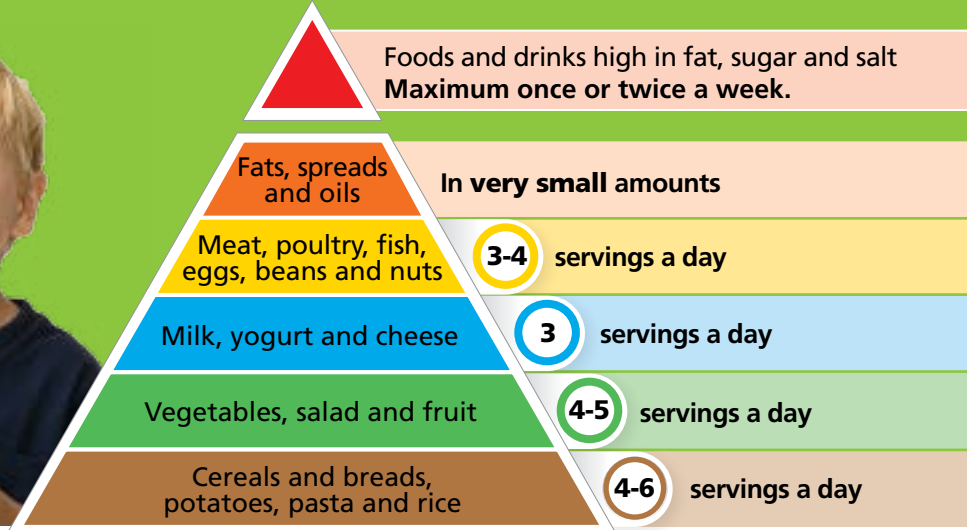




Healthy Ireland Food Pyramid to Daily Meal Plan

A guide for children aged 3

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



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** ¼ 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