

Healthy Ireland Food Pyramid to Daily Meal Plan A guide for children aged 2

Damian is a 2 year old healthy child who enjoys feeding himself.

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

Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts

2 servings a day

Milk, yogurt and cheese

3 servings a day

Vegetables, salad and fruit

2-3 servings a day

Cereals and breads, potatoes, pasta and rice

3-4

servings a day



Breakfast

- 1 cup (200ml) milk for cereal and to drink
- 2 tablespoons (30g) iron fortified toasted rice cereal



Lunch

- **30g** tinned tuna with small amount of mayonnaise added
- 1 ½ cup (30g) sweetcorn
- 2 tablespoons (40g) cooked pasta



Dinner

- 1 30g beef mince
- 1 30g grated carrot
- 1/2 1/2 scoop (30g) mashed potato
- 1 mandarin



Mid-morning snack

1 slice (25g) wholemeal bread toasted thinly spread with fat



Mid-afternoon snack

1 2 thumbs (25g) cheese

1/2 1 cracker



Evening snack

1 200ml breastmilk or milk



Give 100ml water to drink with meals