

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.



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
- 5-6 strawberries, cut in quarters
- 1 ½ cup (30g) porridge made with 100ml milk



Lunch

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



Dinner

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



Mid-morning snack

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



Mid-afternoon snack

- 1 25g cheese
- 1 2 crackers



Evening snack

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



Give 100ml water to drink with meals