

Healthy Ireland Food Pyramid to Daily Meal Plan A guide for children aged 4

Paul, an active
4 year old boy,
loves running,
jumping and having
fun in the local
playground.

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 cereal and to drink
- 1⁄2 (40g) sliced banana
- 1 1½ wheat biscuits with 100ml milk



Lunch

- 2 ½ cup (80g) baked beans
- 1 slice wholemeal bread with 5g spread
- 1 pot (125g) plain yogurt



Dinner

- **1 30g** beef
- 2 1 cup (80g) mix of stir-fry vegetables
- **2** 1 cup (75g) noodles
- 1 100ml unsweetened orange juice



Mid-morning snack

- 1 35g hummus
- 2 1 pitta pocket



Mid-afternoon snack

- 1/2 100ml custard
- 1 40g stewed plums





Evening snack

- 1 1/2 bagel with 5g spread
- 1/2 100ml milk



Give 100ml water to drink with meals