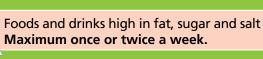


Healthy Ireland Food Pyramid to Daily Meal Plan

A guide for children aged 3



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



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

- **200ml** milk for porridge and to drink
- **5-6** strawberries, 1 cut in quarters
- ½ cup (30g) porridge made with 100ml milk



Lunch

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



Dinner

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



Mid-morning snack

- 35g hummus
- 3-4 cucumber sticks



Mid-afternoon snack

- 25g cheese
- 1 2 crackers



Evening snack

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



Give 100ml water to drink with meals