

Healthy Ireland Food Pyramid to Daily Meal Plan A guide for children aged 3

Foods and drinks high in fat, sugar and salt Maximum once or twice a week.

Kate, an active 3 year old girl, loves being outside playing with her friends.



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 1** egg
- 1 100ml unsweetened orange juice
- 1 slice wholemeal bread toasted with 5g spread



Lunch

- 1/2 1 falafel
- 1 1/4 tub (35g) hummus
- **1 3-4** cherry tomatoes, cut in quarters
- 1 ½ small wrap
- 1/2 100ml low fat milk



Dinner

- 1 30g salmon
- 1 ½ cup (30g) carrots
- 1 1 scoop mashed potato
 - **25g** rice pudding made with 200ml milk



Mid-morning snack

- 1 small pot (47g) fromage frais
- **5-6** raspberries, cut in halves



Mid-afternoon snack

- 1 25g cheese
- 1 1 rice cake



Evening snack

- **1/2 100ml** milk
- 1/2 1/2 slice (30g) banana bread



Give 100ml water to drink with meals