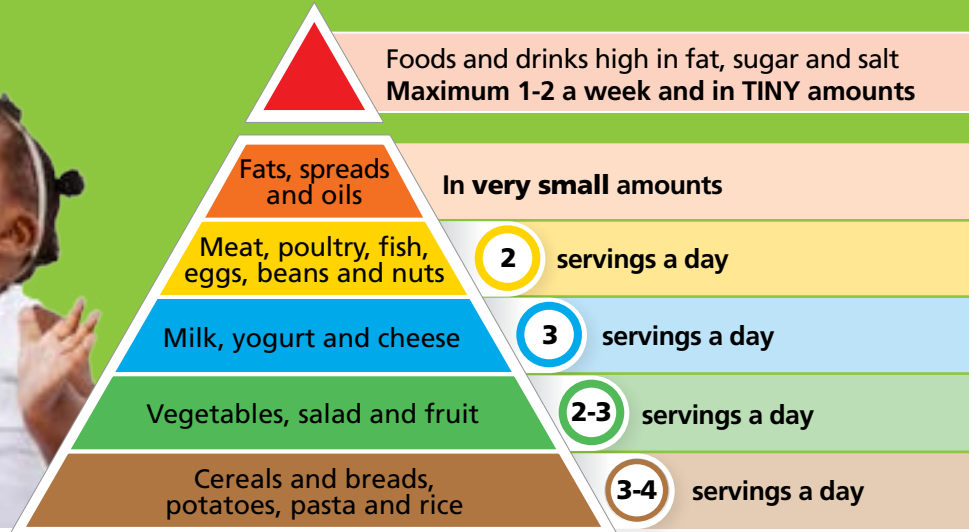




# Healthy Ireland Food Pyramid to Daily Meal Plan

## A guide for children aged 1

Lucy is a 1 year old healthy child within the average range for growth at this age.



### Breakfast

- 1** 1 cup (200ml) milk for cereal and to drink
- 1/2** 1/2 mandarin in segments
- 1** 2 tablespoons (30g) iron fortified wheat flakes



### Lunch

- 1/2** 15g cheddar cheese
- 1/2** 2 tablespoons (30g) tomato pasta sauce
- 1** 2 tablespoons (30g) cooked macaroni pasta



### Dinner

- 1** 30g chopped chicken
- 1** 30g carrots and green beans
- 1/2** 1/2 scoop mashed potato
- 1/2** 1 (47g) fromage frais



### Mid-morning snack

- 1/2** 1 (47g) fromage frais



### Mid-afternoon snack

- 1** 1 teaspoon (12g) peanut butter
- 1/2** 1 cracker



### Evening snack

- 1/2** 100ml breastmilk or milk



Give **100ml** water to drink with meals