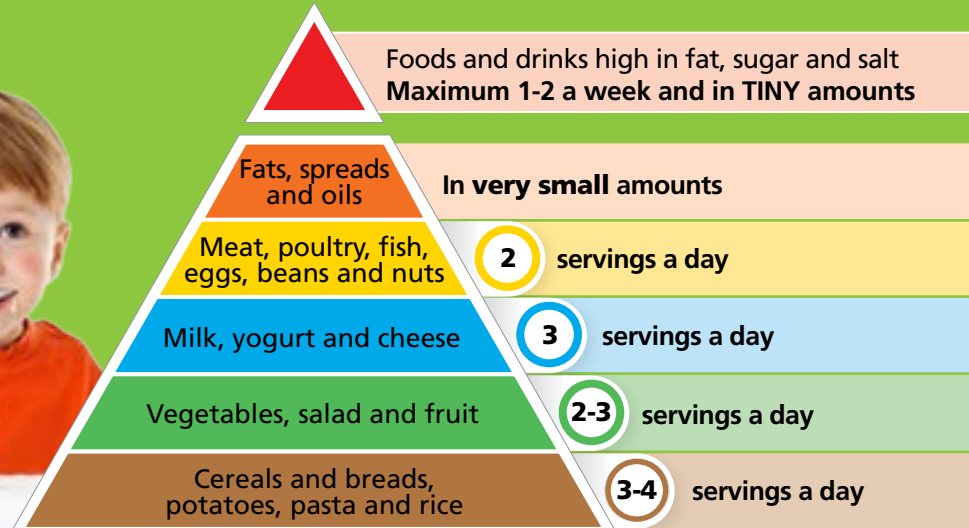




Healthy Ireland Food Pyramid to Daily Meal Plan

A guide for children aged 2

Damian is a 2 year old healthy child who enjoys feeding himself.



Breakfast

- 1 1 cup (200ml) milk for cereal and to drink
- 1 2 tablespoons (30g) iron fortified toasted rice cereal



Lunch

- 1 30g tinned tuna with small amount of mayonnaise added
- 1 1/2 cup (30g) sweetcorn
- 1 2 tablespoons (40g) cooked pasta



Dinner

- 1 30g beef mince
- 1 30g grated carrot
- 1/2 1/2 scoop (30g) mashed potato
- 1 1 mandarin



Mid-morning snack

- 1 1 slice (25g) wholemeal bread toasted thinly spread with fat



Mid-afternoon snack

- 1 2 thumbs (25g) cheese
- 1/2 1 cracker



Evening snack

- 1 200ml breastmilk or milk



Give 100ml water to drink with meals