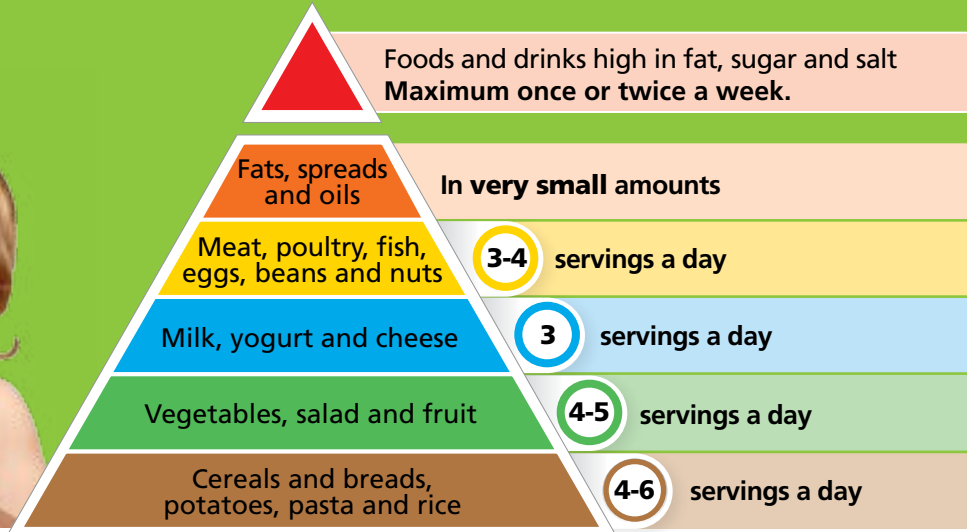




Healthy Ireland Food Pyramid to Daily Meal Plan

A guide for children aged 3

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



Breakfast

- 1** 1 egg
- 1** 100ml unsweetened orange juice
- 1** 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** 1/2 small wrap
- 1/2** 100ml low fat milk



Dinner

- 1** 30g salmon
- 1** 1/2 cup (30g) carrots
- 1** 1 scoop mashed potato
- 1** 25g rice pudding made with 200ml milk



Mid-morning snack

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