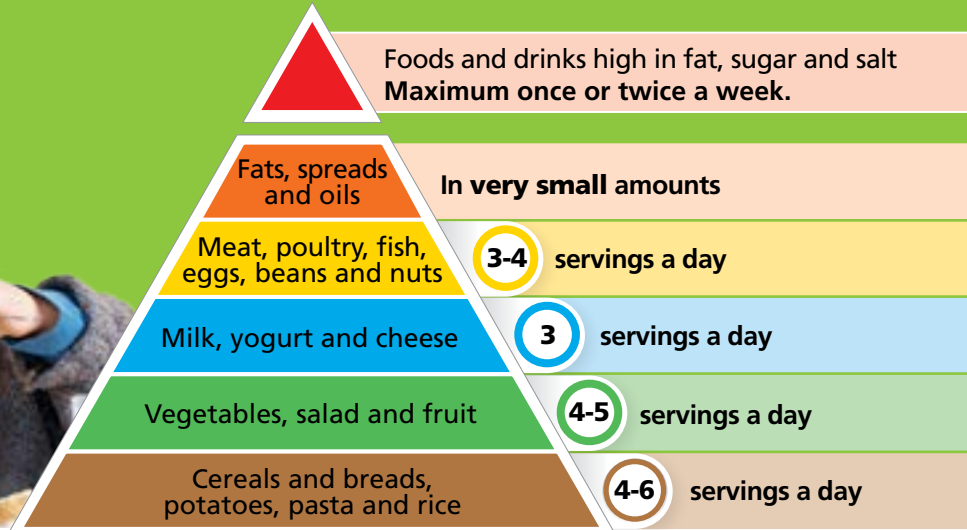




# Healthy Ireland Food Pyramid to Daily Meal Plan

## A guide for children aged 4

Paul, an active 4 year old boy, loves running, jumping and having fun in the local playground.



### Breakfast

- 1** 200ml milk for cereal and to drink
- 1** ½ (40g) sliced banana
- 1** 1½ wheat biscuits with 100ml milk



### Lunch

- 2** ½ cup (80g) baked beans
- 1** 1 slice wholemeal bread with 5g spread
- 1** 1 pot (125g) plain yogurt



### Dinner

- 1** 30g beef
- 2** 1 cup (80g) mix of stir-fry vegetables
- 2** 1 cup (75g) noodles
- 1** 100ml unsweetened orange juice



### Mid-morning snack

- 1** 35g hummus
- 2** 1 pitta pocket



### Mid-afternoon snack

- ½** 100ml custard
- 1** 40g stewed plums



### Evening snack

- 1** ½ bagel with 5g spread
- ½** 100ml milk



Give 100ml water to drink with meals