

Children's Food Pyramid

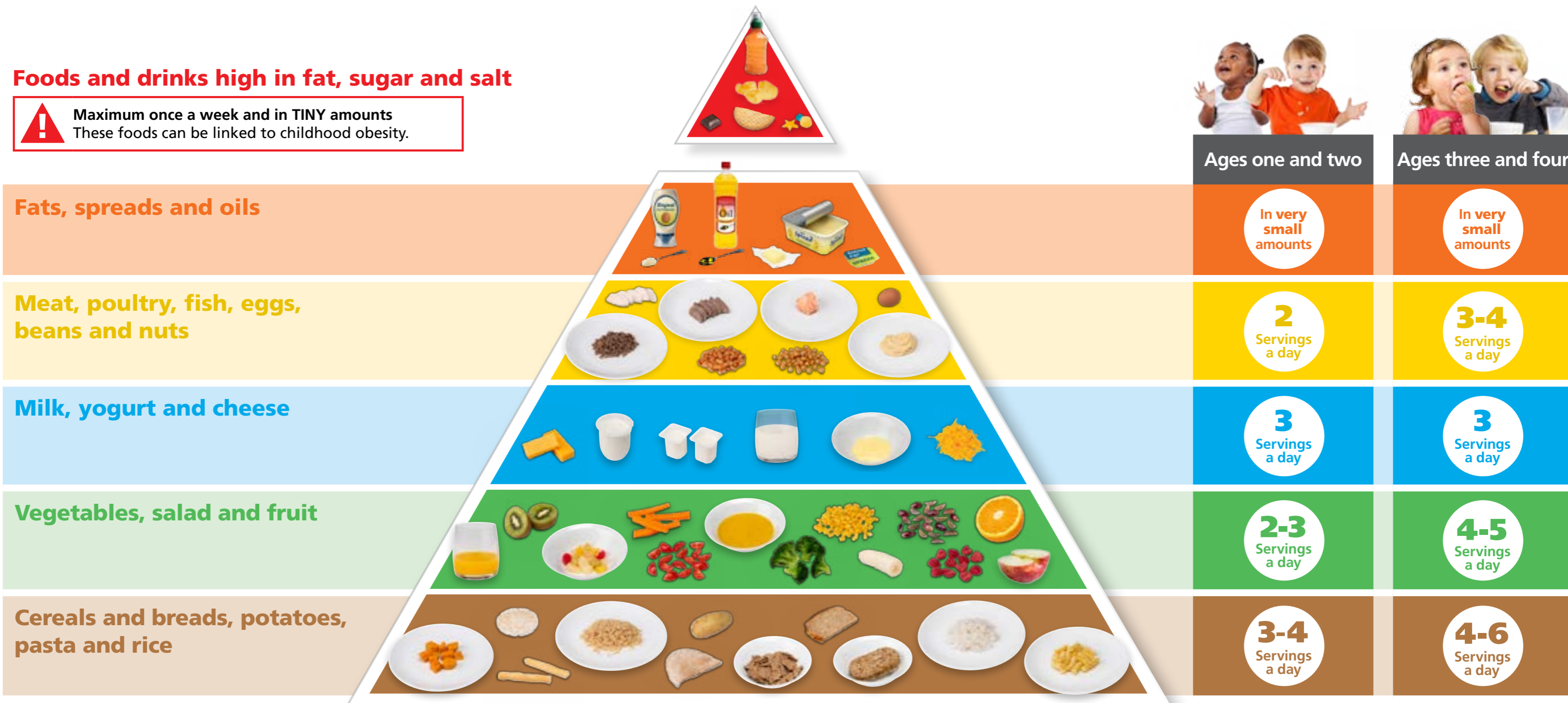
A guide for children aged 1-4

For more information visit www.gov.ie/healthyireland



Foods and drinks high in fat, sugar and salt

Maximum once a week and in TINY amounts
These foods can be linked to childhood obesity.



Note: The Children's Food Pyramid above shows examples of foods on each food shelf. It does not represent the amount of food a 1 to 4 year old child should eat every day.

Be active



From 2 years old children need to be active for at least one hour every day.

Drinks



Water, breastmilk and milk are the drinks recommended for your children.

Vitamin D



Children aged 1 to 4 need to take 5 micrograms (5µg) of vitamin D only drops or liquid every day from Halloween to St Patrick's Day.

Breastfeeding



Breastfeeding is recommended in Ireland until children are 2 years of age or beyond.

Try to use child size plates and bowls



20cm
Child Plate or Side Plate



26cm
Adult Plate



11cm
Child Bowl



16cm
Adult Bowl