

# Children's Food Pyramid

A guide for children aged 1-4

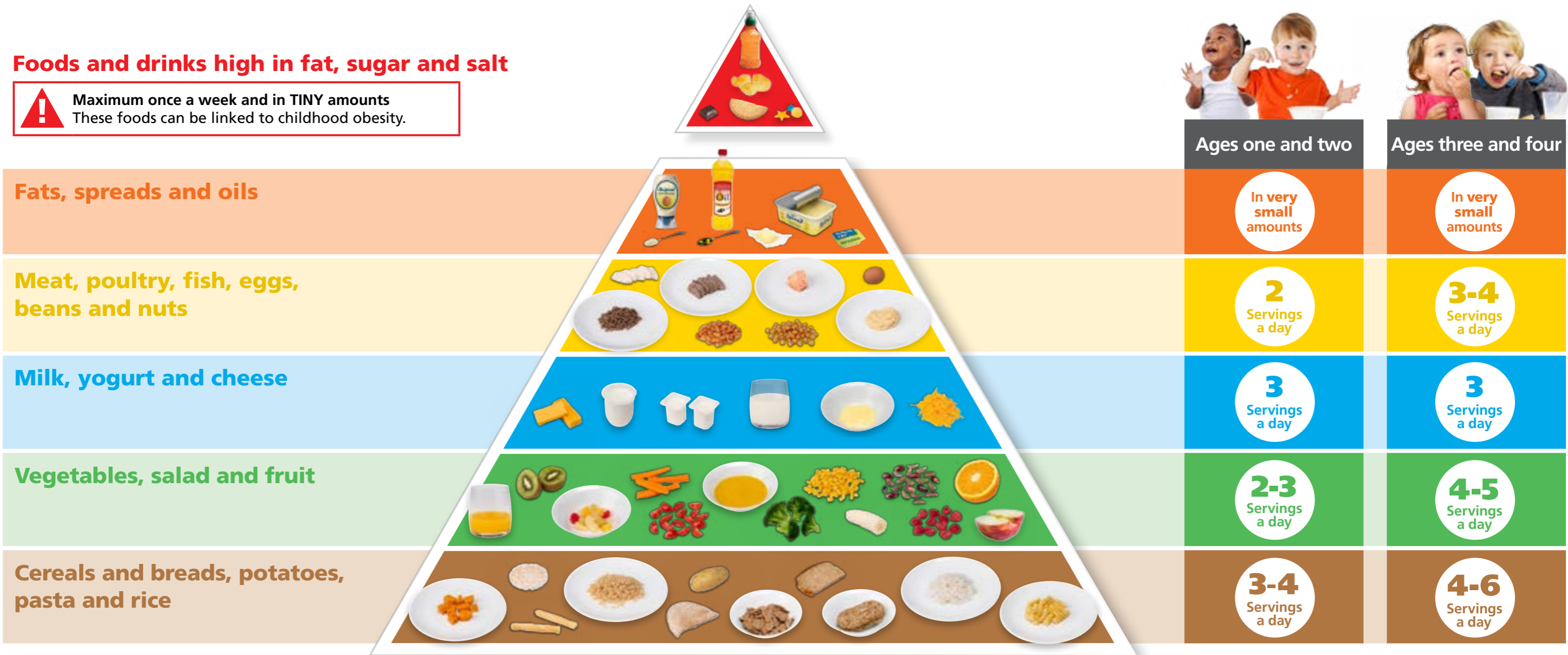
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## Foods and drinks high in fat, sugar and salt



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.

### Serving Guide One serving is

<b>Fats, spreads and oils</b>	• 1 <b>teaspoon</b> spread on bread and oven-bake or grill foods instead of frying
<b>Meat, poultry, fish, eggs, beans and nuts</b>	• 30g cooked beef, lamb or pork, chicken, turkey or fish • 1 medium egg • 35g cooked portion tofu • 35g hummus • ¼ cup (40g) low added sugar baked beans, peas, lentils or chick peas • 1 <b>heaped teaspoon (12g)</b> peanut or nut butter
<b>Milk, yogurt and cheese</b>	• 200ml or 2x100ml milk • 1 <b>pot (125g)</b> yogurt • 2 <b>small pots (47g)</b> plain fromage frais • 25g or 2 <b>adult thumbs</b> of cheese
<b>Vegetables, salad and fruit</b>	• 1 <b>small fruit</b> such as a plum, kiwi or mandarin • ½ <b>medium sized fruit</b> like an orange, an apple, a pear or a banana • 5-6 berries or grapes cut in quarters • 3-4 cooked vegetable sticks • 3-4 cucumber sticks • 100ml unsweetened orange juice • ½ <b>cup</b> cooked vegetables or tinned fruit • 100ml homemade or readymade vegetable soup • 3-4 cherry tomatoes cut in quarters
<b>Cereals and breads, potatoes, pasta and rice</b>	• 30g dry porridge • 30g flaked cereal • 1-1½ wheat biscuits • ½-1 slice of bread • ½-1 small roll • ½ pitta pocket • ½ small wrap • ½ (20g) chapatti • 1-2 crackers • 1 rice cake • 1-2 unsalted breadsticks • ½-1 small potato • 30-40g sweet potato or yam • ½ <b>cup (30-40g)</b> pasta, rice, noodles or couscous

### Try to use child-size plates and bowls



### Breastfeeding

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

### Vitamin D

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

### Drinks

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