



# Healthy Ireland Food Pyramid

A guide for children aged 1–4



## Cereals, breads, potatoes, pasta and rice

Children need more of these foods for energy and growth – that is why they are the biggest shelf on the Children’s Food Pyramid. These starchy foods provide fibre and some B vitamins which are needed to convert food into energy.

### Food Shelf Facts



Young children can meet their fibre needs by having a mix of white and wholemeal cereals and breads.

Offering all wholemeal or wholegrain choices may:

- be too filling
- reduce your child’s appetite for other nourishing foods.



If your child is prone to constipation, offer more wholemeal and wholegrain varieties.

Make sure they:

- eat vegetables
- drink enough fluid.

### Healthy Eating Tips



Offer your child a breakfast cereal with added iron most days of the week. This is especially important for younger children.

Standard porridge is a healthy breakfast food but children aged 1 to 4 will benefit from a porridge with added iron.

Check the label and choose cereals and porridge that contain at least 12mg of iron per 100g.



Limit the amount of sugar coated and chocolate coated breakfast cereals you offer your child.

# Cereals, breads, potatoes, pasta and rice



Offer at least one of these foods at every meal.

**1 and 2 year olds**

**2 or 3 servings a day**

**3 and 4 year olds**

**4 to 6 servings a day**

## Serving Guide

Adjust these servings to suit your child. Smaller, younger children will eat less. Taller, older and more active children will eat more.

Each of these examples shows one serving



**1/2 cup (30g)** flaked cereal fortified with iron



**1-1 1/2** wheat biscuits



**1** plain rice cake



**1-2** crackers



**1/2-1** slice bread



**1/2-1** small roll



**1/2** pitta pocket



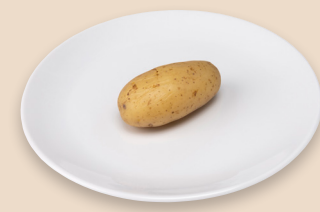
**1/2** small wrap



**1/2** chapatti



**1** unsalted breadstick



**1/2-1** small cooked potato



**1/2 cup (30-40g)** cooked sweet potato or yam



**1/2 cup (30-40g)** cooked pasta



**1/2 cup (30-40g)** cooked rice



**1/2 cup (30-40g)** cooked noodles



**1/2 cup (30-40g)** cooked couscous

For more food facts and healthy eating tips visit [www.gov.ie/healthyireland](http://www.gov.ie/healthyireland)