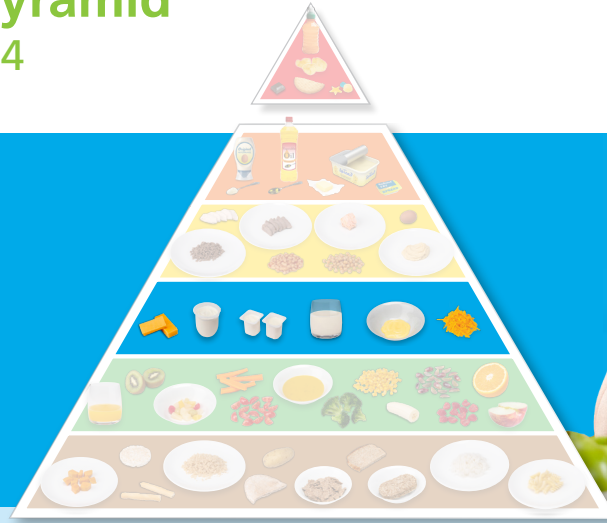




Healthy Ireland Food Pyramid

A guide for children aged 1–4



Milk, yogurt and cheese

These foods provide calcium for healthy bones and teeth.

Food Shelf Facts



Milk is a key food for 1 to 4 year old children. Offer full-fat milk to children aged 1 to 2 years. You can offer low-fat milk to children aged 3 to 4 years.



Skimmed milk is not suitable for children under 5 years of age.



You can offer non-dairy soya 'milks' if your child is allergic to cow's milk. These should be unsweetened and fortified with calcium.



Almond milk, coconut milk, rice milks and other plant-based milks are not suitable for young children.

Healthy Eating Tips



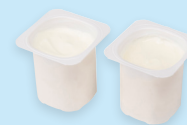
Breastfeeding mothers can add cow's milk to their child's cereal or offer cow's milk as a drink. It is important to include yogurt and cheese also to help meet your child's nutritional needs.



Continue to provide breastmilk up to 2 years of age or beyond.



Your child can be given infant formula up to one year old and after that age they can have full-fat cow's milk.



Small pots (47g) of plain or natural fromage frais can be offered with meals or between meals.

Milk, yogurt and cheese



Offering milk as a drink with meals is an easy way to get one of the three daily servings.

Breastmilk counts towards these servings.

1 and 2 year olds
3 servings a day
3 and 4 year olds
3 servings a day

Each of these examples shows one serving



200ml or **2x100ml** plain milk or milk with added vitamins



200ml or **2x100ml** unsweetened soya 'milk' fortified with calcium



2 adult thumbs of cheese



1 pot (125g) plain yogurt



2 small pots (47g) plain or natural fromage frais



Homemade custard or rice pudding made with **200ml** of milk

Servings can be split during the day between a meal and a snack. 1 serving can combine two foods or drinks. For example, 1 serving could be 100ml of milk with 1 small pot fromage frais or 1 thumb of cheese.

Your child can start drinking from a cup or a beaker when they are between 1 and 2 years old.

