



Healthy Ireland Food Pyramid

A guide for children aged 1–4

Fats, spreads and oils

Fats, spreads and oils provide essential fats in your child’s diet. Only use very small amounts of these foods.



Servings

What is a small amount?



- **1 teaspoon** of spread on bread
- **½ teaspoon** oil when cooking, such as;
 - rapeseed,
 - olive,
 - canola,
 - sunflower,
 - corn.

Healthy Eating Habits



Always cook with as little fat or oil as possible.



Frying food is not recommended for young children.



Choose mono or poly-unsaturated spreads.



Choose rapeseed, olive, canola, sunflower or corn oils.



Limit mayonnaise, coleslaw and salad dressings as they contain oil.



Try to grill, oven-bake, steam, boil or stir-fry.