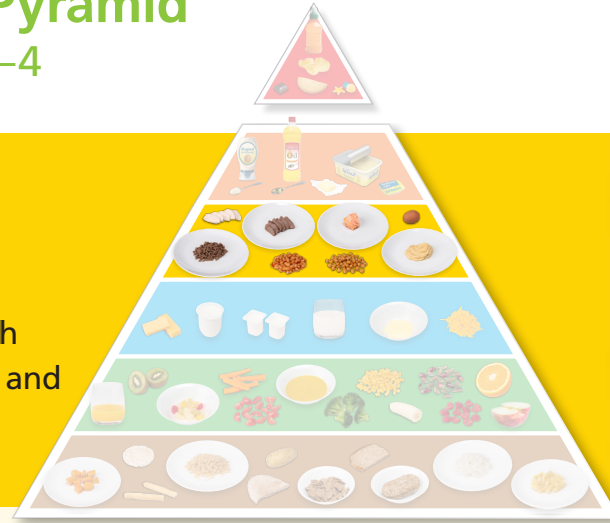




Healthy Ireland Food Pyramid

A guide for children aged 1-4



Meat, poultry, fish, eggs, beans and nuts

These foods provide protein and iron for growth and development. Red meat such as beef, lamb and pork contain iron. Offer them 3 times a week.

Food Shelf Facts



Oily fish have omega 3 and vitamin D including mackerel, herring, salmon, trout, sardines. These are good for brain and eye development so offer them once a week.



Protein is not a problem for vegetarian diets but iron can be. Consult a registered dietitian for advice.



Good vegetarian protein sources include eggs, soya products, peas, chickpeas, beans, nuts and seeds.



Foods from the milk, yogurt and cheese shelf also provide protein.

Healthy Eating Tips



Offer your child smooth nut butter without added sugar and salt.



Whole nuts should not be given to children under 5 because of the risk of choking.



Chicken nuggets, sausages and burgers have less protein and are high in fat and salt. **They should not be a regular part of your child's diet.**



You should limit processed meat like ham or bacon to once a week and only give **small amounts**.

Meat, poultry, fish, eggs, beans and nuts



Offer meat, poultry, fish, eggs, beans or nuts to your child at each of their 2 main meals every day.

1 and 2 year olds

2 servings a day

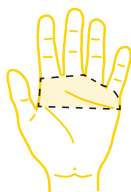
3 and 4 year olds

3 or 4 servings a day

Serving guide

An average serving size of cooked beef, lamb, pork, chicken, turkey or fish is about 30g.

A serving size that fits into one third the palm of your hand is about right for children aged 1 to 4.



Each of these examples shows one serving



30g cooked beef



30g cooked lamb



30g cooked chicken or turkey



30g cooked salmon



1/4 cup (40g) baked beans



1/4 cup (40g) lentils



1/4 cup (40g) peas



1/4 cup (40g) chickpeas



35g hummus



35g cooked portion tofu



2 falafels



1 medium egg



1 heaped teaspoon
smooth peanut or nut butter

For more food facts and healthy eating tips visit www.gov.ie/healthyireland