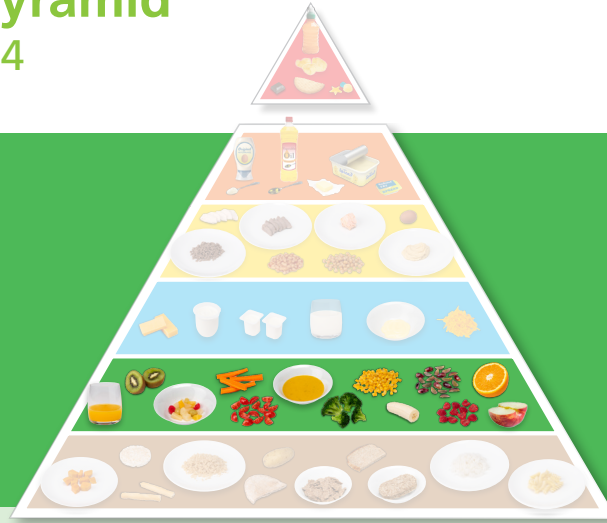




# Healthy Ireland Food Pyramid

A guide for children aged 1-4



## Vegetables, salad and fruit

These foods provide vitamins, minerals and fibre.

### Food Shelf Facts



Orange juice is rich in vitamin C. When your child drinks unsweetened orange juice and eats an iron-containing breakfast cereal, it helps them absorb iron. Iron is an important nutrient for young children.

### Healthy Eating Tips



Offer your child different coloured vegetables, salad and fruit. Try to include green, yellow, orange, red and purple. This will allow them to enjoy the variety of vitamins and minerals. You can add chopped berries to breakfast cereal.



Other good sources of vitamin C are:

- berries
- oranges
- kiwis
- red peppers.



Limit dried food to once a week because it:

- contains sugar
- is sticky
- is not kind to teeth.

# Vegetables, salad and fruit



At every meal, and as snacks, offer your child fresh vegetables, salad or fruit chopped into small servings.

**1 and 2 year olds**

**2 or 3 servings a day**

**3 and 4 year olds**

**4 or 5 servings a day**

## Serving guide

An average serving size is about 40g. A serving that fits into half the palm of your hand is about right for children aged 1 to 4.



Adjust these servings to suit your child – some children will take a little more and others a little less.

Each of these examples shows one serving



1 plum



1 kiwi



1 mandarin



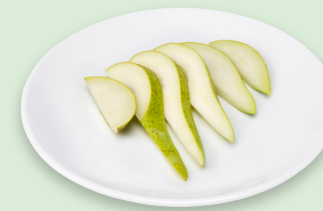
100ml unsweetened orange juice



½ orange



½ apple



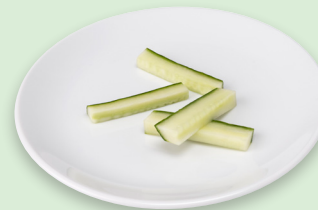
½ pear



½ banana



3-4 cooked carrot sticks



3-4 cucumber sticks



5-6 berries cut in halves or quarters



5-6 grapes cut in quarters



3-4 cherry tomatoes cut in quarters



½ cup tinned fruit in natural juice



½ cup (30-40g) cooked, fresh or frozen vegetables



100ml homemade or readymade vegetable soup

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