

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



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