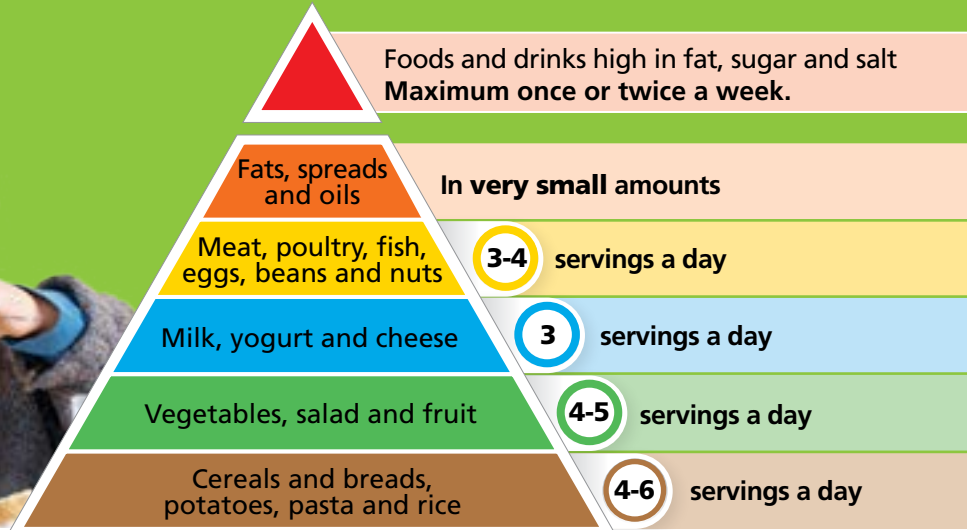




Healthy Ireland Food Pyramid to Daily Meal Plan

A guide for children aged 4

Paul, an active 4 year old boy, loves running, jumping and having fun in the local playground.



Breakfast

- 1 200ml milk for cereal and to drink
- 1 ½ (40g) sliced banana
- 1 1½ wheat biscuits with 100ml milk



Lunch

- 2 ½ cup (80g) baked beans
- 1 1 slice wholemeal bread with 5g spread
- 1 1 pot (125g) plain yogurt



Dinner

- 1 30g beef
- 2 1 cup (80g) mix of stir-fry vegetables
- 2 1 cup (75g) noodles
- 1 100ml unsweetened orange juice



Mid-morning snack

- 1 35g hummus
- 2 1 pitta pocket



Mid-afternoon snack

- ½ 100ml custard
- 1 40g stewed plums



Evening snack

- 1 ½ bagel with 5g spread
- ½ 100ml milk



Give 100ml water to drink with meals