Healthy Food for Life

Food Pyramid to Daily Meal Plan

Niamh is a very active 10 year old, plays GAA and loves to dance. Niamh needs 4 servings from the Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf. As a child between 9 and 18 years, she needs 5 servings from the Milk, Cheese and Yogurt shelf.

Food Pyramid Shelves

<table>
<thead>
<tr>
<th>Shelves</th>
<th>Number of servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fats, spreads and oils</td>
<td>In very small amounts</td>
</tr>
<tr>
<td>Meat, poultry, fish, eggs, beans and nuts</td>
<td>2</td>
</tr>
<tr>
<td>Milk, yogurt and cheese</td>
<td>3</td>
</tr>
<tr>
<td>Wholemeal cereals and breads, potatoes, pasta and rice</td>
<td>3-5</td>
</tr>
<tr>
<td>Vegetables, salad and fruit</td>
<td>5-7</td>
</tr>
<tr>
<td>Foods and drinks high in fat, sugar and salt</td>
<td>not every day – maximum once or twice a week</td>
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</tbody>
</table>

Breakfast
1. 200ml low-fat milk for cereal and drink
2. 2 wholemeal breakfast biscuits
3. Strawberries

Lunch
1. 50g chicken
2. Low-fat fruit yogurt drink
3. 2 thin slices wholemeal bread
4. Cucumber, iceberg lettuce, tomato

Dinner
1. 75g lean mince
2. 200ml low-fat milk
3. 1 cup pasta
4. Carrots, onion, celery, tinned tomatoes cooked in sauce

Mid-morning snack
1. 25g reduced-fat cheese
2. Grapes

Afternoon snack
1. Apple

Evening snack
1. 200ml low-fat milk for cereal and drink
2. 1 cup wholegrain flakes
3. Banana

Health advice for everyday life
Drink at least 8 cups of fluid a day – water is best

Get Active!
Children need to be active at a moderate to vigorous level for at least 60 minutes every day.

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