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.



Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts



Milk, yogurt and cheese



5 for children age 9–12 and teenagers age 13–18

Wholemeal cereals and breads, potatoes, pasta and rice



Vegetables, salad and fruit



Food Pyramid Shelves

Number of servings per day







Breakfast

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

Lunch

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

Dinner

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



Mid-morning snack

- 1 25g reduced-fat cheese
- 1 Grapes



Afternoon snack

1 Apple



Evening snack

- 200ml low-fat milk for cereal and drink
- 1 cup wholegrain flakes
- **1** 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.