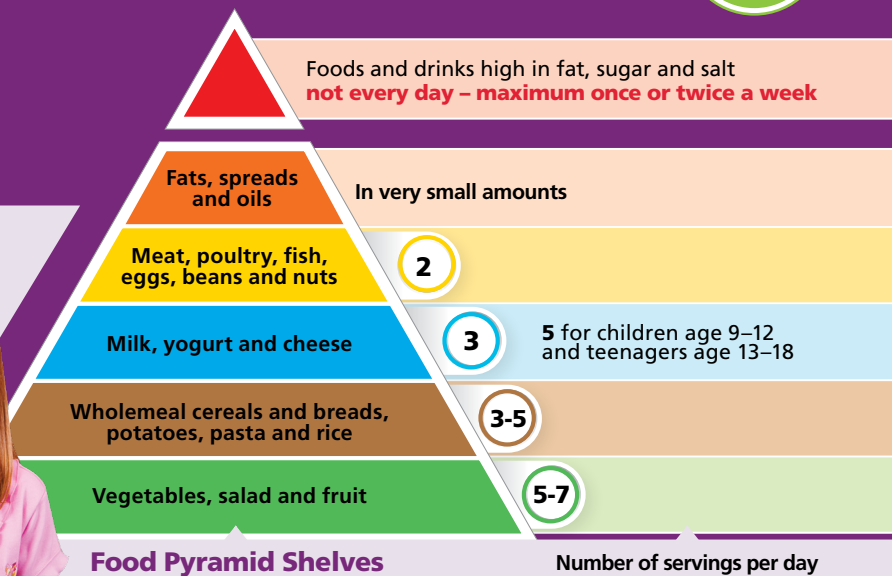


## Food Pyramid to Daily Meal Plan

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*.



### Breakfast

- 1** 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** 1 cup pasta
- 1** Carrots, onion, celery, tinned tomatoes cooked in sauce



### Mid-morning snack

- 1** 25g reduced-fat cheese
- 1** Grapes



### Afternoon snack

- 1** Apple



### Evening snack

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