



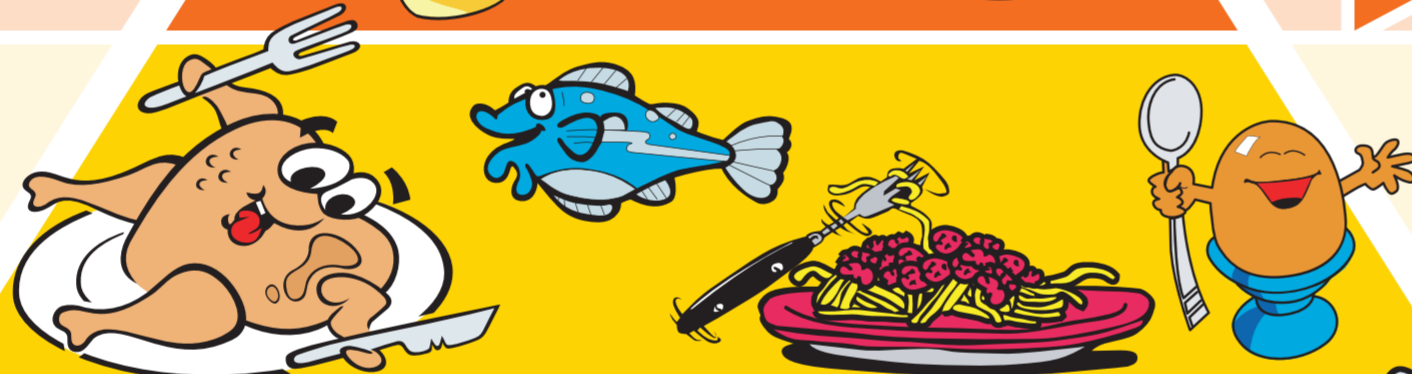
NOT every day

Foods and drinks high in fat, sugar and salt
No more than once or twice a week



In very small amounts

Fats, spreads and oils



2 Servings a day

Meat, poultry, fish, eggs, beans and nuts



3-5 Servings a day

Milk, yogurt and cheese

5-8 year olds need 3 servings every day
9-12 year olds need 5 servings every day
13-18 year olds need 5 servings every day



3-5 Servings a day

Wholemeal cereals and breads, potatoes, pasta and rice

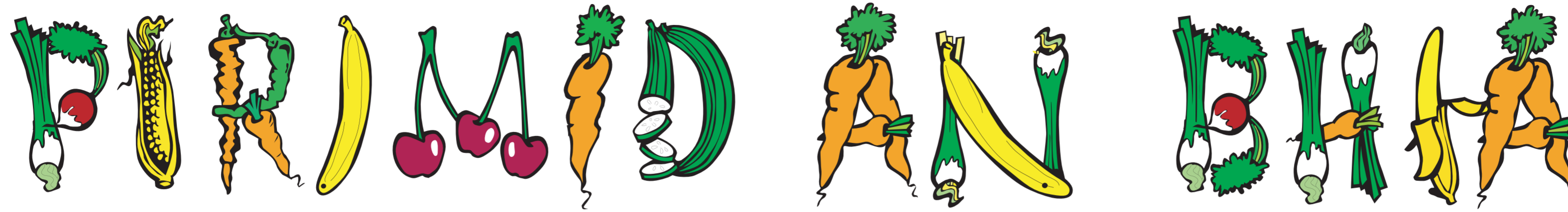
Up to 7 servings for active teenage boys



5-7 Servings a day

Vegetables, salad and fruit

For children aged 5 and up



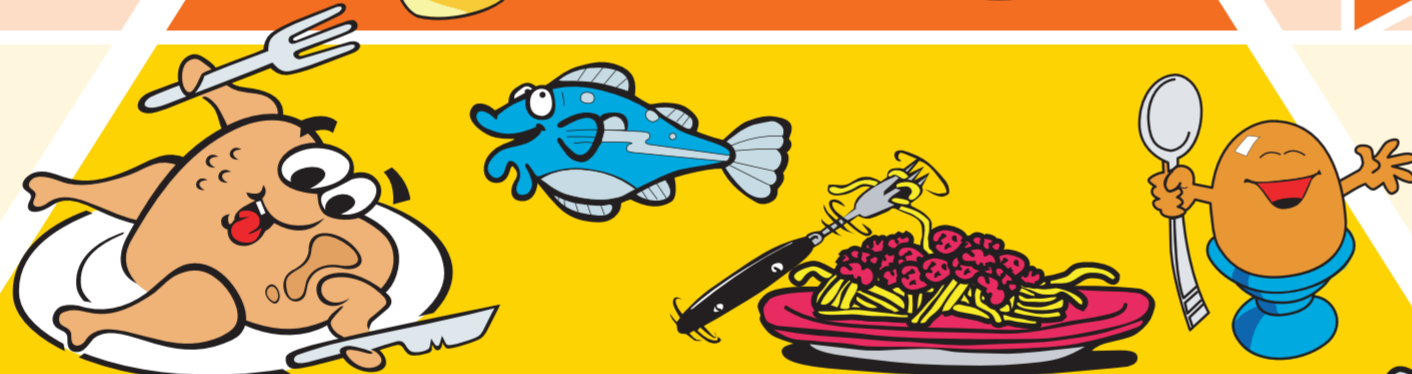
Ní gach lá

Bia agus deochanna lán le saill, siúcra agus salann
Uair nó dhó sa tseachtain ar a mhéad



Fíor-bheagán

Saillte, leatháin agus olaí



2 Sciar sa lá

Feoil, éineoil, iasc, uibheacha, pónairí, agus cnónna



3-5 Sciar sa lá

Bainne, iógart agus cáis

5-8 mbl. teastaíonn 3 sciar gach lá
9-12 bl. teastaíonn 5 sciar gach lá
13-18 bl. teastaíonn 5 sciar gach lá



3-5 Sciar sa lá

Gránach agus aráin chaiscín, prátaí, pasta agus rís

Suas le 7 sciar do bhuachaillí gníomhacha sna déaga



5-7 Sciar sa lá

Glasraí agus torthaí

Do leanaí ó chúig bliana d'aois