



# Healthy Ireland Food Pyramid

## A guide for children aged 1–4

### Fats, spreads and oils

Fats, spreads and oils provide essential fats in your child’s diet. Only use very small amounts of these foods.



#### Servings

##### What is a small amount?



- **1 teaspoon** of spread on bread
- **½ teaspoon** oil when cooking, such as;
  - rapeseed,
  - olive,
  - canola,
  - sunflower,
  - corn.

#### Healthy Eating Habits



Always cook with as little fat or oil as possible.



Frying food is not recommended for young children.



Choose mono or poly-unsaturated spreads.



Choose rapeseed, olive, canola, sunflower or corn oils.



Limit mayonnaise, coleslaw and salad dressings as they contain oil.



Try to grill, oven-bake, steam, boil or stir-fry.