

Bia Sláintiúil don Bheatha
Healthy Food for Life



Treoirlínte Phirimid an Bhia do dhaoine fásta, déagóirí agus leanaí cúig bliana d’aois agus os a chionn maidir lena roghanna bia laethúla

The Food Pyramid guide to every day food choices for adults, teenagers and children aged five and over

Healthy Ireland
Department of Health
Hawkins House
Dublin 2
D02 VW90
www.healthyireland.ie

HPM01061