



The Dental Health Foundation was delighted to attend this morning's launch of the new National Healthy Eating Guidelines for 1-4 year olds.

Specific messaging includes:

*'Limit treat foods'*

*'Offer water and milk as drinks'*

*'Milk is a key food'*

*'Tooth friendly drinks' are referred to in the Drinks section*

Ms Ursula O'Dwyer, Health Promotion Advisor, Department of Health stated that the Food Safety Authority of Ireland has provided the strong evidence base for these guidelines.

Stephen Donnelly, Minister for Health outlined that obesity is a growing challenge across the world and that the new guidelines are a foundation for a healthier Ireland. The Minister spoke about how these guidelines will help parents and carers in the crucial early years, how a healthy relationship with food is 'absolutely critical' in setting children up for life.

Minister Donnelly emphasised that the scientific part is a core part of the guidelines and that this launch 'is a real milestone – cutting edge of why public health is so important'

Minister Roderic O'Connor outlined that the new guidelines tie in with the wider Government approach and 'First 5' approach and referred to the 9 simple key messages which are part of the guidelines.

Minister Frank Feighan stated that a critical message is that we must recognise that small children have small tummies and therefore require appropriate portion sizes. He stressed the need to limit foods high in fat, sugar, and salt - that 'children are better at making changes when the whole family does it together'.

Information, tips, fact sheets and posters, including the new food pyramid for kids can be found at [www.gov.ie/healthyireland/eatwell](http://www.gov.ie/healthyireland/eatwell)