Healthy Food for Life



Food Pyramid to Daily Meal Plan

Tom is 67 years and has recently retired. He has started his retirement plan of walking for at least 30 minutes 5 days a week and he needs to lose the weight he's put on over the last 10 years. He needs 4 servings from the Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf.

Foods and drinks high in fat, sugar and salt not every day - maximum once or twice a week

Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts



Milk, yogurt and cheese



Wholemeal cereals and breads, potatoes, pasta and rice



Vegetables, salad and fruit

Food Pyramid Shelves

Number of servings per day





Breakfast

- ⅓ cup porridge
- Raspberries





Lunch

- 50g chicken
- 25g reduced-fat cheese
- Wholegrain panini
- 1/2) Coleslaw with low-fat mayonnaise
- Tomato, lettuce and cucumber



Dinner

- 75g chicken
- 1 cup brown rice
- Peppers, mushrooms, onions cooked in sauce
- Mandarin oranges







Mid-morning snack

- 25g reduced-fat cheese
- 6 wholegrain crackers





Afternoon snack

- Low-fat yogurt
- Grapes



Evening snack

Banana

Health advice for everyday life



Drink at least 8 cups of fluid a day - water is best



Get Active!

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week or 150 minutes a week.