## **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







#### Afternoon snack

- Low-fat yogurt
- Grapes



### **Evening snack**

Banana

## **Mid-morning snack**

- 25g reduced-fat cheese
- 6 wholegrain crackers

## 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.