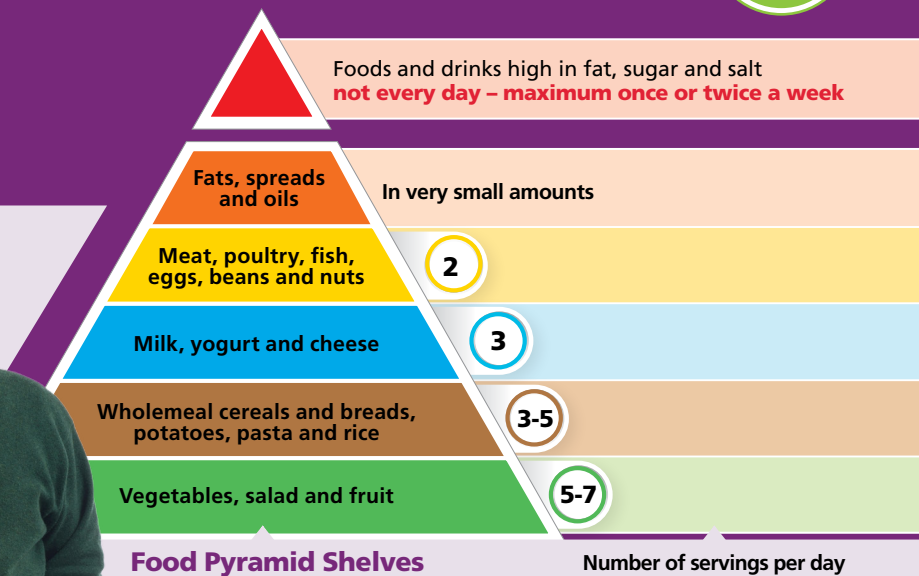
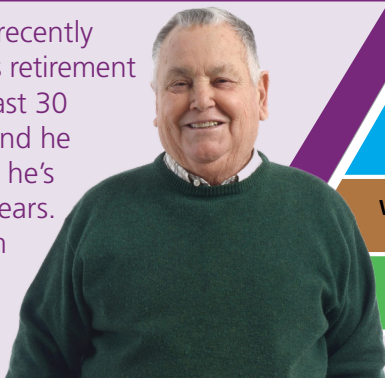


## Food Pyramid to Daily Meal Plan

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*.



### Breakfast

- 1** 1/3 cup porridge
- 1** Raspberries



### Lunch

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



### Dinner

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



### Mid-morning snack

- 1** 25g reduced-fat cheese
- 1** 6 wholegrain crackers



### Afternoon snack

- 1** Low-fat yogurt
- 1** Grapes



### Evening snack

- 1** 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.