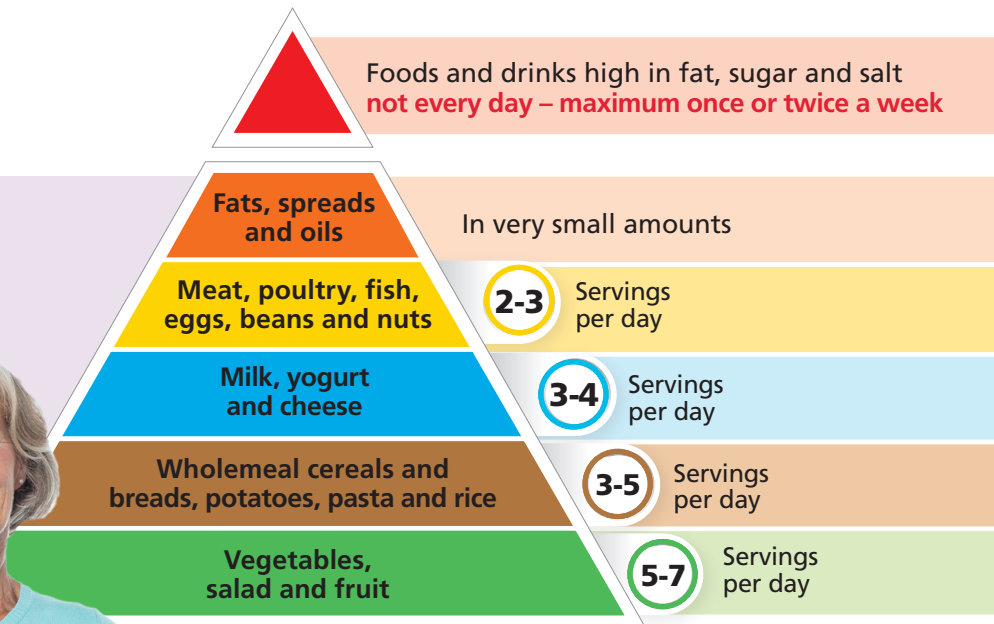


Food Pyramid Daily Meal Plan

Mary, aged 70, enjoys looking after her 2 young grandchildren, so she is kept active.

Mary needs 5 servings from the wholemeal cereals and breads, potatoes, pasta and rice shelf.



Breakfast

This meal contains:

- Milk, yogurt and cheese – 1 serving
- Wholemeal cereals and breads, potatoes, pasta and rice – 1½ servings
- Vegetables, salad and fruit – 1 serving



Number of servings

- 1 200ml low-fat milk with porridge
- 1 ½ cup porridge
- ½ 1 thin slice wholemeal toast
- 1 150ml unsweetened orange juice

Lunch

This meal contains:

- Meat, poultry, fish, eggs, beans and nuts shelf – 1 serving
- Milk, yogurt and cheese – 1 serving
- Wholemeal cereals and breads, potatoes, pasta and rice – 1 serving
- Vegetables, salad and fruit – 2 servings



Number of servings

- 1 75g lean mince
- 1 25g reduced-fat cheese
- 1 2 medium potatoes
- 1 Green beans
- 1 Carrots

Dinner

This meal contains:

- Meat, poultry, fish, eggs, beans and nuts – 1 serving
- Milk, yogurt and cheese – 1 serving
- Wholemeal cereals and breads, potatoes, pasta and rice – 1 serving
- Vegetables, salad and fruit – 1 serving



Number of servings

- 1 200ml low-fat milk
- 1 ¾ cup baked beans
- 1 2 thin slices wholemeal toast
- 1 1 kiwi

Mid-morning snack

This snack contains:

- Vegetables, salad and fruit – 1 serving



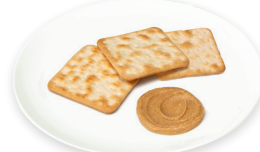
Number of servings

- 1 Pear

Afternoon snack

This snack contains:

- Meat, poultry, fish, eggs, beans and nuts shelf – 1 serving
- Wholemeal cereals and breads, potatoes, pasta and rice – ½ serving



Number of servings

- 1 40g peanut butter
- ½ 3 wholegrain crackers

Evening snack

This snack contains:

- Vegetables, salad and fruit – 1 serving



Number of servings

- 1 Berries