Healthy Food for Life

Food Pyramid to 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
1. ½ cup porridge
2. 1 thin slice wholemeal toast
3. Strawberries
4. 150ml unsweetened orange juice

Lunch
1. 75g lean mince
2. 25g reduced-fat cheese
3. 2 medium potatoes
4. 1 grilled tomato

Dinner
1. ¾ cup baked beans
2. 2 thin slices wholemeal toast
3. 1 grilled tomato

Mid-morning snack
1. 25g reduced-fat cheese
2. 1 thin slice wholemeal soda bread

Afternoon snack
1. Pear

Evening snack
1. Low-fat custard
2. Stewed apple

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.

For more food facts and healthy eating tips visit www.healthyireland.ie