Healthy Food for Life



Food Pyramid to Daily Meal Plan

Matthew, a 21 year old student living away from home. Matthew needs 7 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



Up to 7 for teenage boys and men age 19–50

Vegetables, salad and fruit

Food Pyramid Shelves

Number of servings per day



Breakfast

- 200ml low-fat milk for cereal and drink
- ⅓ cup porridge
- 2 thin slices wholemeal toast
- Raspberries



Lunch

- 2 eggs
- Low-fat yogurt
- 4 small slices wholemeal soda bread
- Lettuce, tomato
- Mandarin oranges



Dinner

- 75g pork
- 2 cups wholewheat noodles
- Vegetables cooked in sauce



Mid-morning snack

Pear



Afternoon snack

Apple



Evening snack

- 200ml low-fat milk for cereal and drink
- 2 wholegrain breakfast biscuits
- 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.