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.

**Breakfast**
1. 200ml low-fat milk for cereal and drink
2. ½ cup porridge
3. 2 thin slices wholemeal toast
4. Raspberries

**Lunch**
1. 2 eggs
2. Low-fat yogurt
3. 4 small slices wholemeal soda bread
4. Lettuce, tomato
5. Mandarin oranges

**Dinner**
1. 75g pork
2. 2 cups wholewheat noodles
3. Vegetables cooked in sauce

**Mid-morning snack**
1. Pear

**Afternoon snack**
1. Apple

**Evening snack**
1. 200ml low-fat milk for cereal and drink
2. 2 wholegrain breakfast biscuits
3. 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.

For more food facts and healthy eating tips visit [www.healthyireland.ie](http://www.healthyireland.ie)