Healthy Food for Life



Food Pyramid to Daily Meal Plan

Michael is a 52 year old office worker who is overweight. He needs 4 servings from the Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf. When he starts losing weight he could have 5 servings and should aim to lose 1–2lbs a week.



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



Vegetables, salad and fruit

5-7

Food Pyramid Shelves

Number of servings per day



Breakfast

- 200ml low-fat milk for cereal and drink
- 2 wholemeal breakfast biscuits
- **Apple**



Lunch

- 2 eggs
- Low-fat yogurt
- 2 thin slices wholemeal bread
- Lettuce, cucumber, tomato
- Mandarin oranges



Dinner

- 100g salmon
- 2 medium potatoes
- Broccoli
- Carrots





Mid-morning snack

- 200ml low-fat milk
- Grapes



Afternoon snack

Kiwifruits



Evening snack

- 2 thin slices wholemeal toast
- 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.