Healthy Food for Life

Food Pyramid to Daily Meal Plan

Siobhan, aged 30, is a stay at home mum who is breastfeeding her 6 month old baby. Since it’s possible she could become pregnant, she is taking a folic acid supplement. Siobhan needs 5 servings from the Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf.

Breakfast
1 200ml low-fat milk for cereal and drink
1 1 cup wholegrain cereal
1 Orange

Lunch
1 50g chicken
1 Low-fat yogurt
1 2 thin slices wholemeal bread
1 Tomato, cucumber
1 Banana

Dinner
1 50g lean mince, kidney beans
1 1 cup brown rice
1 Tomato, lettuce and cucumber
1 Peppers, onion, carrot, celery cooked in sauce

Mid-morning snack
1 Pear

Afternoon snack
1 25g reduced-fat cheese
1 6 wholegrain crackers

Evening snack
½ 1 dessertspoon peanut butter
1 2 thin slices wholemeal bread

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