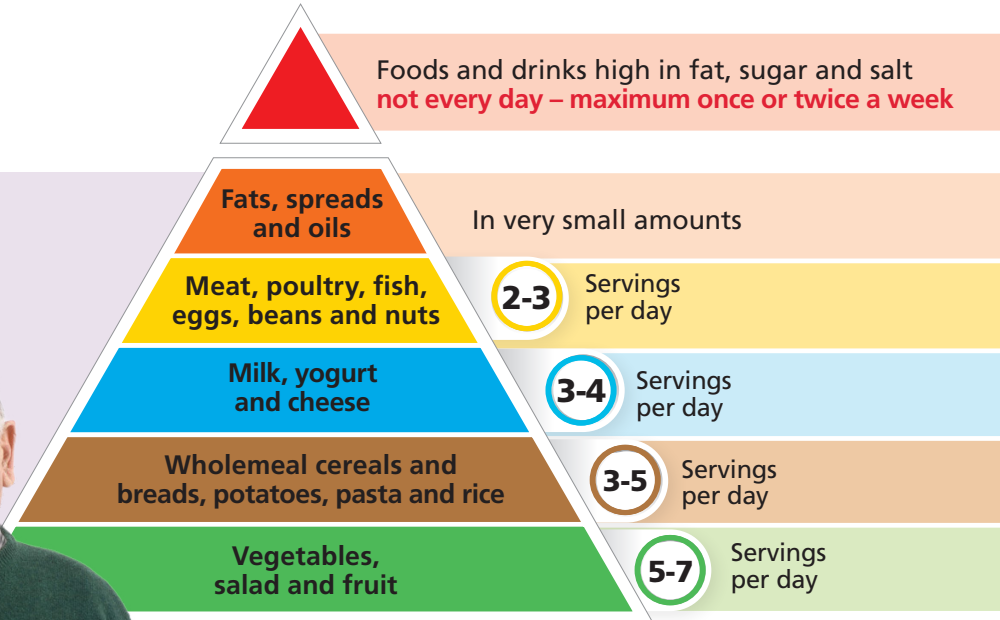


Foods and drinks high in fat, sugar and salt **not every day – maximum once or twice a week**

Food Pyramid Daily Meal Plan

Tom is 67 years and has recently retired. He has started his plan of walking at least 30 minutes 5 days a week and he needs to lose the weight he's put on over the last 10 years. He needs 4 servings from the wholemeal cereals and breads, potatoes, pasta and rice shelf.



Breakfast

This meal contains:

- Milk, yogurt and cheese – 1 serving
- Wholemeal cereals and breads, potatoes, pasta and rice – 1 serving
- Vegetables, salad and fruit – 1 serving



Number of servings

- 1 200ml low-fat milk with porridge
- 1 1/3 cup porridge
- 1 Raspberries

Lunch

This meal contains:

- Meat, poultry, fish, eggs, beans and nuts shelf – 1 serving
- Milk, yogurt and cheese – 1 serving
- Wholemeal cereals and breads, potatoes, pasta and rice – 1 serving
- Vegetables, salad and fruit – 1 serving



Number of servings

- 1 50g tuna
- 1 Latte made with low-fat milk
- 1 Wholegrain pitta bread
- 1 Sweetcorn, tomato, lettuce and cucumber

Dinner

This meal contains:

- Meat, poultry, fish, eggs, beans and nuts – 1 serving
- Wholemeal cereals and breads, potatoes, pasta and rice – 1 serving
- Vegetables, salad and fruit – 2 servings



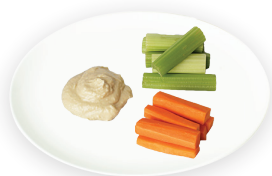
Number of servings

- 1 75g chicken
- 1 1 cup brown rice
- 1 Peppers, mushrooms, onions cooked in sauce
- 1 Mandarin oranges

Mid-morning snack

This snack contains:

- Meat, poultry, fish, eggs, beans and nuts shelf – 1 serving
- Vegetables, salad and fruit – 1 serving



Number of servings

- 1 40g hummus
- 1 Vegetable sticks

Afternoon snack

This snack contains:

- Milk, yogurt and cheese – 1 serving
- Vegetables, salad and fruit – 1 serving



Number of servings

- 1 125g low-fat yogurt
- 1 Grapes

Evening snack

This snack contains:

- Vegetables, salad and fruit – 1 serving



Number of servings

- 1 1 banana