Healthy Food for Life

Food Pyramid to Daily Meal Plan

Tom is 67 years and has recently retired. He has started his retirement plan of walking for 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**
- 1 1/2 cup porridge
- 1 Raspberries

**Lunch**
- 1 50g chicken
- 1 25g reduced-fat cheese
- 1 Wholegrain panini
- 1/2 Coleslaw with low-fat mayonnaise
- 1 Tomato, lettuce and cucumber

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

**Mid-morning snack**
- 1 25g reduced-fat cheese
- 1 6 wholegrain crackers

**Afternoon snack**
- 1 Low-fat yogurt
- 1 Grapes

**Evening snack**
- 1 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)