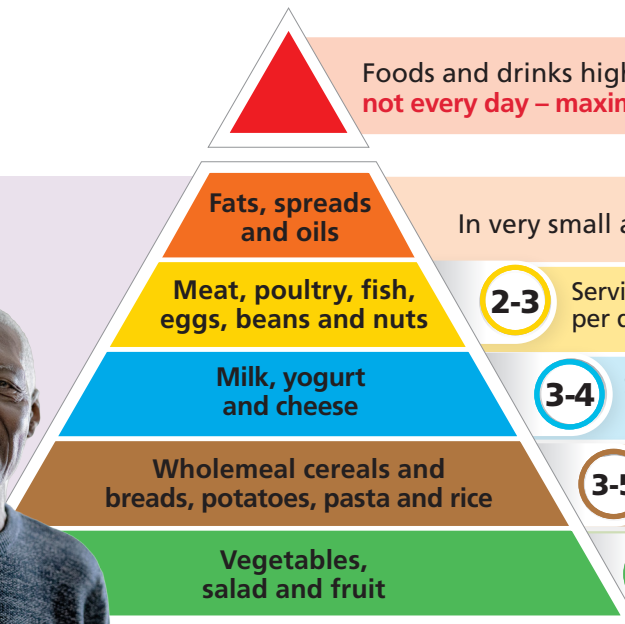
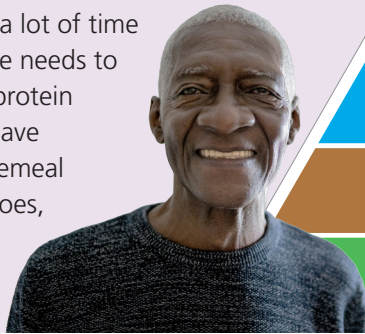


Food Pyramid Daily Meal Plan

William is an active 76 year-old who enjoys walks and spends a lot of time with his grandchildren. He needs to eat enough high quality protein at two meals a day and have 5 servings from the wholemeal cereals and breads, potatoes, pasta and rice shelf.



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

Breakfast

This meal contains:

- Milk, yogurt and cheese – 1 serving
- Wholemeal cereals and breads, potatoes, pasta and rice – 1½ servings
- Vegetables, salad and fruit – 1 serving



Number of servings

- 1 200ml milk
- 1 1 cup flaked type breakfast cereal
- ½ 1 thin slice wholemeal toast
- 1 Banana

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 – 2 servings



Number of servings

- 1 2 eggs
- 1 125g yogurt
- 1 2 slices wholemeal soda bread
- 1 Tomato, lettuce and cucumber
- 1 Mixed vegetables

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 100g salmon
- 1 Potatoes
- 1 Broccoli
- 1 Carrots

Mid-morning snack

This snack contains:

- Wholemeal cereals and breads, potatoes, pasta and rice – ½ serving



Number of servings

- ½ 1 slice malt loaf

Afternoon snack

This snack contains:

- Milk, yogurt and cheese – 1 serving
- Wholemeal cereals and breads, potatoes, pasta and rice – ½ serving



Number of servings

- 1 25g reduced-fat cheese
- ½ 3 wholegrain crackers

Evening 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 unsalted mixed nuts
- 1 1 glass fruit smoothie