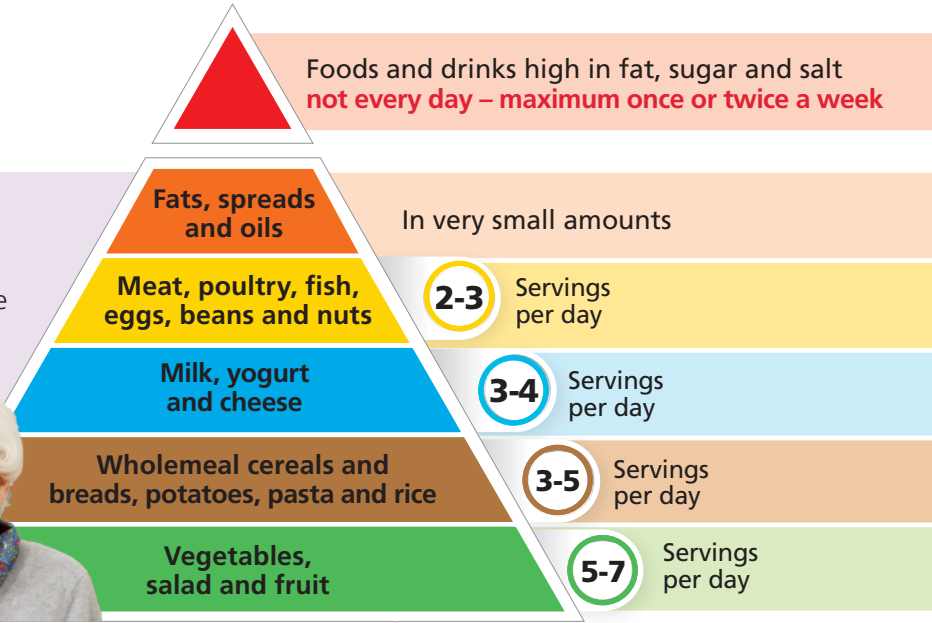


Foods and drinks high in fat, sugar and salt **not every day – maximum once or twice a week**

Food Pyramid Daily Meal Plan

Teresa is an 83 year-old who can move around the house and go to the local shop. She needs to make sure to have enough high-quality protein at two meals every day from the meat, poultry, fish, eggs, beans and nuts shelf and the milk, yogurt and cheese shelf. She needs to have 3 servings from the wholemeal cereals and breads, potatoes, pasta and rice shelf at meals and snacks throughout the day.



Breakfast

This meal contains:

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



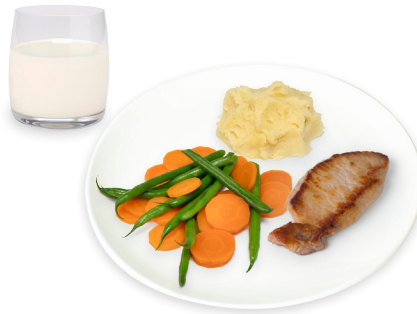
Number of servings

- 1** 2 poached eggs
- 1** 2 thin slices wholemeal toast
- 1** 150ml unsweetened fruit juice

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** 75g pork
- 1** 200ml milk
- 1** Mashed potato
- 1** Carrots and green beans

Dinner

This meal contains:

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



Number of servings

- 1** 2 slices wholemeal soda bread
- 1** 1 bowl homemade tomato and lentil soup

Mid-morning snack

This snack contains:

- Milk, yogurt and cheese – 1 serving



Number of servings

- 1** 125g yogurt

Afternoon snack

This snack contains:

- Vegetables, salad and fruit – 1 serving



Number of servings

- 1** 100g tinned fruit

Evening snack

This snack contains:

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



Number of servings

- 1** Low-fat custard
- 1** Berries