



EATFORHEALTH

FOLLOWING THE RECOMMENDATIONS IN THE AUSTRALIAN DIETARY GUIDELINES

The sample meal plan outlined below provides the nutritional and energy requirements for a WOMAN aged 19-50 years of average height, healthy weight and light activity

BREAKFAST

Wholegrain breakfast cereal with reduced fat milk

*(60g cereal plus
1 cup/250mL milk)*



Reduced fat yogurt
(small tub/100g)



MORNING BREAK

Coffee with milk
(200mL – small/medium size)



LUNCH

Sandwich with salad and chicken

(2 slices bread (preferably wholemeal), 40g roast chicken, 1 teaspoon margarine, 1 cup salad vegetables)



Apple
(1 medium apple)



AFTERNOON BREAK

Coffee with milk
(200mL - small/medium size)

Unsalted mixed nuts
(30g – small handful)



EVENING MEAL

Pasta with lean beef mince and red kidney beans

(1 cup of cooked pasta, 65g cooked lean beef mince / fist size scoop, ½ onion, ¼ cup kidney beans)



Green salad with olive oil and vinegar dressing

(1½ medium tomato, 2 cups green leafy salad, 2 teaspoon unsaturated oil plus vinegar to taste)



EVENING SNACK

Fruit salad (tinned or fresh) and reduced fat yoghurt

(1 cup mixed fruit plus small tub/100g yoghurt)



Drink plenty of water throughout the day

