EAT FOR HEALTH

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.