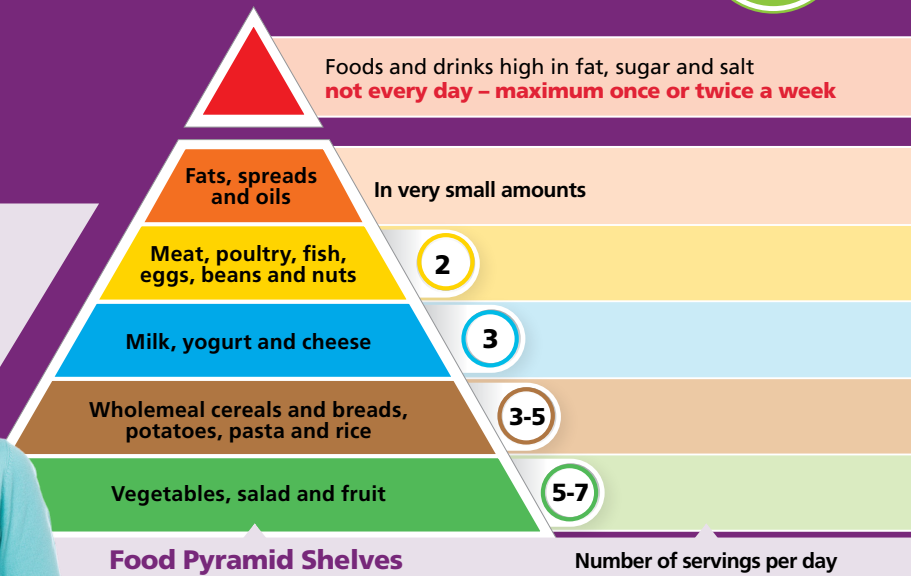


Food Pyramid to Daily Meal Plan

Mary, aged 70, enjoys looking after her 2 young grandchildren, so she is kept active. Mary needs 5 servings from the *Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf*.



Breakfast

- 1** 1/3 cup porridge
- 1/2** 1 thin slice wholemeal toast
- 1** Strawberries
- 1** 150ml unsweetened orange juice



Lunch

- 1** 75g lean mince
- 1** 25g reduced-fat cheese
- 1** 2 medium potatoes
- 1** Green beans
- 1** Carrots



Dinner

- 1** 3/4 cup baked beans
- 1** 2 thin slices wholemeal toast
- 1** 1 grilled tomato



Mid-morning snack

- 1** 25g reduced-fat cheese
- 1** 1 thin slice wholemeal soda bread



Afternoon snack

- 1** Pear



Evening snack

- 1** Low-fat custard
- 1** Stewed apple

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.