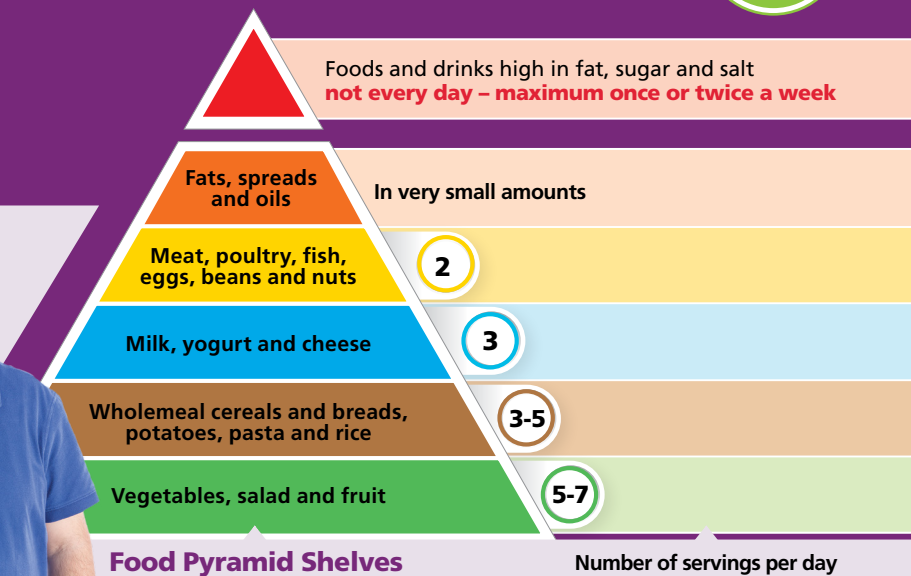


Food Pyramid to Daily Meal Plan

Michael is a 52 year old office worker who is overweight. He needs 4 servings from the *Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf*. When he starts losing weight he could have 5 servings and should aim to lose 1–2lbs a week.



Breakfast

- 1** 200ml low-fat milk for cereal and drink
- 1** 2 wholemeal breakfast biscuits
- 1** Apple



Lunch

- 1** 2 eggs
- 1** Low-fat yogurt
- 1** 2 thin slices wholemeal bread
- 1** Lettuce, cucumber, tomato
- 1** Mandarin oranges



Dinner

- 1** 100g salmon
- 1** 2 medium potatoes
- 1** Broccoli
- 1** Carrots



Mid-morning snack

- 1** 200ml low-fat milk
- 1** Grapes



Afternoon snack

- 1** Kiwifruits



Evening snack

- 1** 2 thin slices wholemeal toast
- 1** Banana

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.