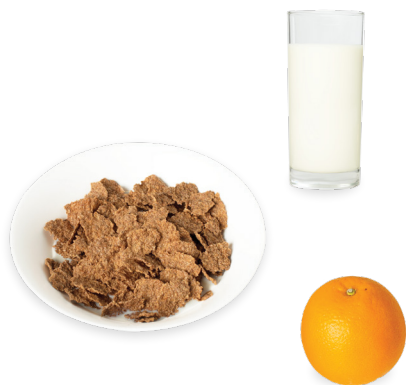
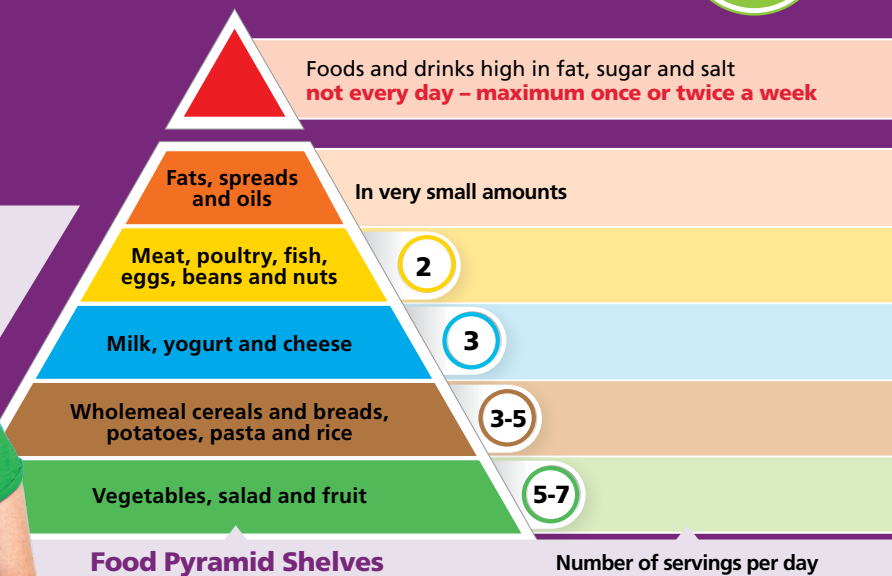


Food Pyramid to Daily Meal Plan

Siobhan, aged 30, is a stay at home mum who is breastfeeding her 6 month old baby. Since it's possible she could become pregnant, she is taking a folic acid supplement. Siobhan needs 5 servings from the *Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf*.



Breakfast

- 1** 200ml low-fat milk for cereal and drink
- 1** 1 cup wholegrain cereal
- 1** Orange



Lunch

- 1** 50g chicken
- 1** Low-fat yogurt
- 1** 2 thin slices wholemeal bread
- 1** Tomato, cucumber
- 1** Banana



Dinner

- 1** 50g lean mince, kidney beans
- 1** 1 cup brown rice
- 1** Tomato, lettuce and cucumber
- 1** Peppers, onion, carrot, celery cooked in sauce



Mid-morning snack

- 1** Pear



Afternoon snack

- 1** 25g reduced-fat cheese
- 1** 6 wholegrain crackers



Evening snack

- 1/2** 1 dessertspoon peanut butter
- 1** 2 thin slices wholemeal bread

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.