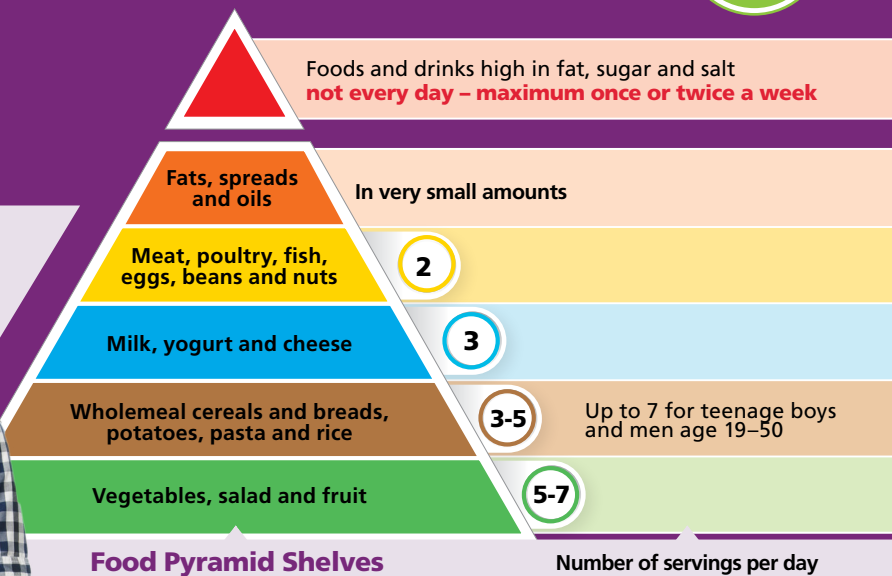


Food Pyramid to Daily Meal Plan

Matthew, a 21 year old student living away from home. Matthew needs 7 servings from the *Wholemeal Cereals and Breads, Potatoes, Pasta and Rice shelf*.



Breakfast

- 1** 200ml low-fat milk for cereal and drink
- 1** 1/3 cup porridge
- 1** 2 thin slices wholemeal toast
- 1** Raspberries



Lunch

- 1** 2 eggs
- 1** Low-fat yogurt
- 2** 4 small slices wholemeal soda bread
- 1** Lettuce, tomato
- 1** Mandarin oranges



Dinner

- 1** 75g pork
- 2** 2 cups wholewheat noodles
- 1** Vegetables cooked in sauce



Mid-morning snack

- 1** Pear



Afternoon snack

- 1** Apple



Evening snack

- 1** 200ml low-fat milk for cereal and drink
- 1** 2 wholegrain breakfast biscuits
- 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.