

## Healthy Eating Sample Plan

This is a very simple starting point – what you need will depend on what your goals and health needs are.

Get in touch for more personalized advice.

### Breakfast

One bowl of high fibre (10-15g fibre per 100g) cereal and fruit or yoghurt  
 Or porridge and milk  
 Or Smoothie – use base of milk/milk alternative, oats or LSA, fruit and vegetables  
 And/or \_\_\_\_\_ slices of wholegrain toast with a margarine and spreads:

### Morning tea: Choose 1 of these foods:

2-3 crackers, 1 fruit, 1 small muffin/scone, 1 c milk or 150g yoghurt, ½ c dried fruit, 15g nuts, fruit

### Lunch: Choose 1 of these foods (palm size serving)

Lean meat, fish, chicken, egg, cheese, lentils/beans  
 Choose \_\_\_\_ of these foods (3/4c serve): Potato, kumara, taro, rice, noodles, pasta  
 OR wholemeal/wholegrain bread \_\_\_\_\_ slices, wrap  
 Plus 1 cup of salad or vegetables

### Afternoon tea: Choose 1 of these foods:

2-3 crackers, 2 plain biscuits, 1 slice bread, 1 raw fruit,  
 1 small muffin/scone, 1 c milk or 150g yoghurt,  
 ¼ c dried fruit, 15g nuts, fruit

### Dinner

Choose 1 of these foods (palm size serving)  
 Lean meat, fish, chicken, egg, cheese, lentils/beans  
 Choose \_\_\_\_ of these foods (3/4c serve) : Potato, kumara, taro, rice, noodles, pasta  
 OR wholemeal bread \_\_\_\_\_ slices  
 Plus 1-2 cups of salad (+ dressing) or vegetables

### Supper – add in if missed snack or hungry

Choose \_\_\_\_ of these foods:  
 2-3 crackers, 2 plain biscuits, 1 slice bread, 1 raw fruit, 1 small muffin/scone, 1 c milk or 150g yoghurt, ½ c dried fruit, 15g nuts, fruit

### Drinks

Herbal tea, tea, coffee, milk, cordials, soda water

