

Build your own eating plan

Plan to eat regularly and to eat well, for health, wellbeing, and weight management

Eating well meets our requirements for:

Energy ... vitamins ... minerals ... fibre ... protein ... essential fats

Energy and fibre



Calcium, vitamins and protein



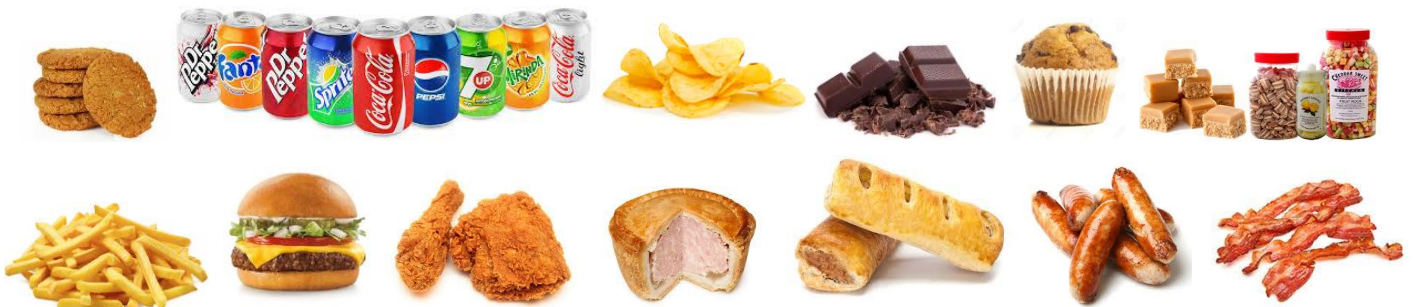
Iron, vitamins, protein, and essential fats



Vitamins, minerals and fibre



Restrict fatty, sugary, and salty food and drink to 2-3 times a week



Build your eating plan around 2-3 meals a day

Portion control is king – control your portions, control your weight!

Control your portions doc recommends a lower limit for starchy carb portion size – go too low and you might struggle to control your hunger!

Breakfast

Enjoy with tea, coffee, juice or water



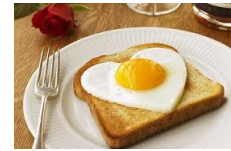
Poached egg on wholegrain toast



Scrambled egg on English muffin



Boiled egg with soldiers



Dry-fry egg on toast

Cereal with milk | Toast



Branflakes



Weetabix



Cheerios Low Sugar



Cornflakes



Oats



Toast with jam / marmalade

Lunch



Baked beans on toast



Sandwich e.g. ham



Jacket potato with tuna and salad



Soup with bread



Bagel with light cheese spread

Evening meal

Serve with lots of vegetables or a side salad!



Spaghetti Bolognese



Chicken, potato and vegetables



Fish with rice and vegetables



Chicken curry and rice



Snapper with rice and vegetables



Cottage pie



Jerk chicken with rice & peas



Pounded yam and stew



Fish fingers with mash and peas



Tuna pasta bake

Drinks and snacks



Water



Tea



Coffee



Juice



No added sugar squash



Fruit



Veg crudité with dip



Yogurt

Fruit juice contains almost as much sugar as does Coca Cola, so drink no more than one glass of juice a day.