



# EATFORHEALTH

## FOLLOWING THE RECOMMENDATIONS IN THE AUSTRALIAN DIETARY GUIDELINES

The sample meal plan outlined below provides the nutritional and energy requirements for a MAN aged 19-50 years of average height, healthy weight and light activity

### BREAKFAST

Wholemeal toast with baked beans and grilled tomato  
*(2 slices of wholemeal bread, ½ can of baked beans, 1 medium tomato)*



Glass of milk  
*(1 cup/250ml reduced fat milk)*



### MORNING BREAK

Apple  
*(1 medium apple)*

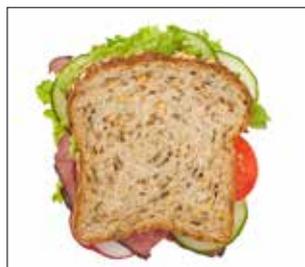


Coffee with milk  
*(200mL – small/medium size)*



### LUNCH

Roast beef, salad and cheese sandwich  
*(2 x slices of wholemeal bread, 65g roast beef, 20g/1 slice reduced fat cheese, 1 cup mixed salad)*



### AFTERNOON BREAK

Coffee with milk  
*(200mL - small/medium size)*

Unsalted mixed nuts  
*(30g – small handful)*



### EVENING MEAL

Grilled fish on rice with lemon juice and vegetables  
*(100g fillet of fish, 1 cup cooked rice, squeeze of lemon, ½ cup cooked zucchini, ½ cup cooked broccoli)*



### EVENING SNACK

Fruit salad (tinned or fresh) and reduced fat yoghurt  
*(1 cup mixed fruit plus small tub/100g yoghurt)*



Drink plenty of water throughout the day

