

# healthy eating meal planning

Mixing and matching from the different sections below and thinking creatively about how to balance your own preferences should enable you to provide your body with an appropriate balance of carbohydrates, proteins, fats & nutrients. You will need to experiment and tailor your eating and portion sizes to meet your own individual nutritional needs. Where possible it is fine to select light or low fat products e.g. light yoghurt & low fat milk but we would advise against using lots of “diet products”. While you are training your body into a healthy eating routine you may need to plan ahead and eat according to the plan quite firmly.



Eat at least every 3-4 hours but do not graze/nibble between snacks. Keep caffeinated drinks to a minimum as they can result in dehydration. Drink at least 6-8 glasses of water per day.

## Breakfast

Breakfast provides energy to start the day. Try to include a mixture of protein, carbohydrates and fat. Some healthy breakfast ideas include:

- Cereal with milk or yoghurt and fruit (e.g. banana for potassium). Having fruit with your cereal can provide natural sweetness and reduce use of refined sugars
- Wholemeal/multigrain toast (x2) with jam or marmalade (butter/margarine isn't really necessary with most spreads, but a small amount is ok with some spreads like Vegemite), yoghurt, and fruit juice
- Wholegrain toast (x2) or roll with 2 eggs (poached, scrambled or boiled), OR 1 egg & a rasher of bacon (fat removed), plus fruit or juice

## Lunch

This meal should also provide a mixture of protein, fat and carbohydrates. Some healthy ideas include:

- Thick soup such as chicken and vegetable or bean and vegetable & a bread roll or some toast
- Bowl of salad with small tin of tuna & nuts mixed in to it plus a serve (~1 cup) of potato, pasta, couscous/ tabouleh salad (to provide carbohydrate & protein) OR a bread roll/sao crackers/pitta bread
- Sandwich or roll on wholegrain bread with a slice of meat (or an egg), cheese & salad (tomato, lettuce, cucumber, carrot). Using avocado instead of butter can provide a healthy source of essential dietary fats. You can also make creative open sandwiches on multigrain crackers or rice cakes (~6 cakes)



## Dinner

Like breakfast and lunch, dinner should also provide a mixture of protein, fat and carbohydrates. Some ideas:

- Pasta with a tomato based sauce (include tuna or bacon etc) served with steamed green vegetables (e.g. broccoli, beans, asparagus) or salad
- Grilled/BBQ'd/steamed/baked fish/beef/pork/lamb/ chicken with salad or vegetables & potato/sweet potato/pumpkin
- Stir fried meat/tofu & vegetables with rice or noodles

## Snacks

Snacks keep blood sugar levels up throughout the day, managing hunger and reducing binges. Aim to have 2-3 snacks each day, but do not 'graze.' Choose something you can carry around with you if you are often out all day. Evening snacks are useful when there are a few hours between your dinner and bedtime.



Some healthy snack ideas include:

- Fruit and ricotta cheese
- Muesli bar
- Piece of fruit
- Dried fruit and nuts
- Mini box of sultanas
- An apple and a biscuit
- An apple and a piece of cheese
- Cheese and crackers
- Low-fat dessert options such as sorbet, frozen yoghurt, fruche



It is helpful to consider “energy dense” foods as 'occasional foods' rather than 'bad foods.' These include chocolate, ice cream or crisps. They can be included from time to time in a healthy eating plan e.g. you might have a scoop of icecream or a chocolate frog instead of your usual afternoon snack. There should be no foods that you actively avoid because you think they are “bad foods” - just use the principle of moderation, some foods are to be enjoyed everyday and other foods to be enjoyed occasionally.

If you are out for a meal in the evening you may find yourself eating more than usual and having only a small evening snack. But don't skip meals and snacks if you've had other larger meals - just choose something smaller than usual and carry on with the same routine.



Developed in conjunction with Kate Fleming, Dietician

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