

# your healthy eating plan



Using the guidelines provided, note down some ideas for your own healthy eating plan...

|                                 | <b>Eating Goals</b>  | <b>Menu I</b> | <b>Menu II</b> | <b>Menu III</b> |
|---------------------------------|--|---------------|----------------|-----------------|
| <b>Breakfast</b>                | To provide energy to start the day<br>Aim: include a mixture of protein, fat and carbohydrates e.g. by combining wholegrain/wheat products with dairy, fruit |               |                |                 |
| <b>Morning Snack</b>            | Keeps blood sugar levels up throughout the day<br>Manages hunger and reduces binges  |               |                |                 |
| <b>Lunch</b>                    | Should also provide a mixture of protein, fat and carbohydrate   |               |                |                 |
| <b>Afternoon Snack</b>          | Choose something you can carry around with you if you are often out all day  |               |                |                 |
| <b>Dinner</b>                   | Should also provide a mixture of protein, fat and carbohydrate   |               |                |                 |
| <b>Evening snack (Optional)</b> | This snack is useful when there are a few hours between your dinner and bedtime  |               |                |                 |