

Daily Meal Planner

Please circle: **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday** **Sunday**

			Fruit and veg	Starchy foods (e.g. bread, rice, potatoes, pasta)	Milk and dairy foods	Meat & alternatives (e.g. fish, eggs, pulses)	Fats (spreads, oils, butter & energy-dense foods)	Alcohol
Recommended number of portions per day			5 or more	6-9	2-3	2-3	3-5	max 1-2

	Food	Amount						
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Total								

WHAT DOES A HEALTHY PORTION LOOK LIKE?

It's important that we eat a range of different foods. Eating sensible portions can help prevent weight gain and therefore reduce our risk of cancer. These are approximate portion sizes for an adult. Our requirements vary depending on age, gender, body size and physical activity level.

Vegetables & fruits – Aim for at least 5 portions a day. Fruit juice only counts once.

COOKED VEGETABLES



3 heaped tablespoons
e.g. cabbage or carrots

SALAD VEGETABLES



1 cereal bowl
e.g. mixed salad

FRESH FRUIT



1 handful of berries/grapes
1 medium-sized or 2 small fruits
1 slice of large fruits

DRIED FRUIT



1 heaped
tablespoon

Starchy foods – Choose wholegrains and include at least 2 portions at each main meal.

BREAKFAST CEREALS



40g: 4 tablespoons
e.g. cereals or muesli

BREAD



40g e.g. 1 medium
wholemeal slice

RICE AND PASTA



2-3 heaped tablespoons
e.g. cooked brown rice

POTATOES



2 medium-sized
boiled potatoes

Dairy – Eat 2-3 portions a day. Choose low-fat varieties when possible.

MILK



200-300ml: ½ pint or 1 glass.
Choose semi-skimmed or skimmed

YOGHURT AND FROMAGE FRAIS



150ml: 1 small pot
Choose low-fat options

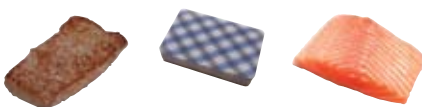
CHEESE



30g: the size of a
small matchbox

Meat & alternatives – Eat 2-3 portions a day. Eat more pulses, choose lean meat, limit red meat to 500g a week (cooked weight) and avoid processed meat.

MEAT, POULTRY AND OILY FISH



80g (cooked weight): the size
of a pack of cards

PULSES (peas, beans and lentils)



3-4 heaped tablespoons
(also counts as one of your 5 A DAY)

SOYA, TOFU AND QUORN



120g: half a cup

WHITE FISH



150g (cooked weight):
the size of a chequebook

EGGS



2 eggs

FATTY AND SUGARY FOODS

e.g. crisps, chips, sweets,
cakes, biscuits, pastries

Limit your intake and try to
avoid highly processed foods.
Opt for healthier fats such as
olive or rapeseed oil.

