

Sample Week

	Daily Fluids	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pot of Tea with milk Water or fruit juice	Choice of wholegrain cereal with milk 1 slice of wholemeal toast Choice of jam /peanut butter/cheese triangle/ fresh fruit	Choice of wholegrain cereal with milk 1 slice of wholemeal toast Choice of jam /peanut butter/cheese triangle/ fresh fruit	Choice of wholegrain cereal with milk 1 slice of wholemeal toast Choice of jam/peanut butter/cheese triangle/ fresh fruit	Choice of wholegrain cereal with milk 1 slice of wholemeal toast Choice of jam/peanut butter/cheese triangle/ fresh fruit	Choice of wholegrain cereal with milk 1 slice of wholemeal toast Choice of jam/peanut butter/cheese triangle/ fresh fruit	Wholemeal toast with choice of eggs/baked beans/cheese triangle/soft cheese Fresh fruit	Wholemeal toast with choice of eggs/baked beans/cheese triangle/soft cheese Dried fruit
Snack	Decaf Coffee with milk	Fresh fruit salad Fat free greek yoghurt	Own choice	Tinned peaches Fat free greek yoghurt	Chopped nuts and dried fruit Fat free greek yoghurt	Own choice	Apple Peanut butter Fat free greek yoghurt	Tinned mandarins Fat free greek yoghurt
Lunch	Water	Hummus Mixed salad Wholemeal tortilla wrap Choice of Custard/fat free yoghurt/mousse Melon	Homemade chicken and sweetcorn noodle soup Wholemeal roll Choice of sugar free jelly/low fat mousse/fat free yoghurt	Half an avocado Poached egg x1 Wholemeal bread x1 Choice of sugar free jelly/low fat mousse/fat free yoghurt	Homemade butternut squash and lentil soup Wholemeal bread x1 Choice of sugar free jelly/low fat mousse/fat free yoghurt	Medium baked sweet potato. Small tin of tuna with chopped peppers and green salad Choice of sugar free jelly/low fat mousse/fat free yoghurt	Scrambled egg cooked with spinach & cherry tomatoes Wholemeal toast Choice of sugar free jelly/low fat mousse/ fat free yoghurt	Fish fingers Warmed cherry tomatoes Wholemeal bread Choice of sugar free jelly/low fat mousse/ fat free yoghurt
Snack 70-100 cal	Pot of tea with milk Water	1 pkt of fun sized buttons melted over strawberries	Choice of popcorn / corn snacks / baked crisps	Slice of plain sponge cake or malt loaf	Melon	Jaffa cakes x2	Choice of popcorn / corn snacks / baked crisps	Fun sized chocolate bar
Dinner	Pot of Tea with milk Water	Chicken breast with fajita seasoning and roast mixed veg Baked potato Choice of sugar free jelly/low fat mousse/ fat free yoghurt	Salmon with honey, soy & ginger Egg noodles Stir fry mixed veg Choice of sugar free jelly/low fat mousse/ fat free yoghurt	Homemade beef burger Mushroom Tomato Mixed salad Wholemeal roll Fresh/tinned fruit salad	Chicken and mixed veg stir fry Brown rice Choice of sugar free jelly/low fat mousse/ fat free yoghurt	Beef & lentil stew Boiled potatoes Broccoli and carrots Choice of sugar free jelly/low fat mousse/ fat free yoghurt	White fish baked in tomato sauce with steamed mixed veg Rice or couscous Frozen fat free yoghurt Raspberries	Baked Gammon Joint Boiled potatoes Steamed mixed veg Low fat custard pot with banana
Supper	Hot Milky Drink Water	Choice of wholegrain cereal with milk Dried fruit	Wholemeal toast with healthy spread Sliced apple	Choice of wholegrain cereal with milk Dried apricots	Wholemeal toast with choice of healthy spread Blueberries	Choice of wholegrain cereal with milk Dried fruit	Wholemeal toast with healthy spread Banana	Choice of wholegrain cereal with milk Sliced apple

- Eat at least 5 portions of a variety of fruit and vegetables every day (frozen, tinned, dried or fresh)
 - Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
 - Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
 - Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
 - Choose unsaturated oils and spreads and eat in small amounts
 - Drink 6-8 cups/glasses of fluid a day (or up to 2000ml)
- Refer to '**PORTIONS**' section for specific guidance on what a portion should be.

Using the nutritional information on food packets you can determine if a food is high in fat, saturated fat, salt and sugar. These are:-

Total fat	High: more than 17.5g of fat per 100g	Low: 3g of fat or less per 100g
Saturated fat	High: more than 5g of saturated fat per 100g	Low: 1.5g of saturated fat or less per 100g
Sugars	High: more than 22.5g of total sugars per 100g	Low: 5g of total sugars or less per 100g
Salt	High: more than 1.5g of salt per 100g (or 0.6g sodium)	Low: 0.3g of salt or less per 100g (or 0.1g sodium)