

## EXAMPLE EATING PLAN

(Based on NHS and ED treatment centre guidance (Southampton))

### Breakfast

I.e, cereal with milk and a banana/slice of toast with spread

### Morning Snack

I.e, biscuit or one portion of fruit

### Lunch

I.e, sandwich or two slices of toast with spread and beans/eggs with a small desert (i.e, fruit or yoghurt)

### Afternoon Snack

I.e, cereal bar or slice of toast with spread

### Evening Meal

I.e, cooked meal with protein, carbohydrates, vegetables or salad. One small pudding such as fruit and ice cream with a larger dessert twice a week (see example meal plan below)

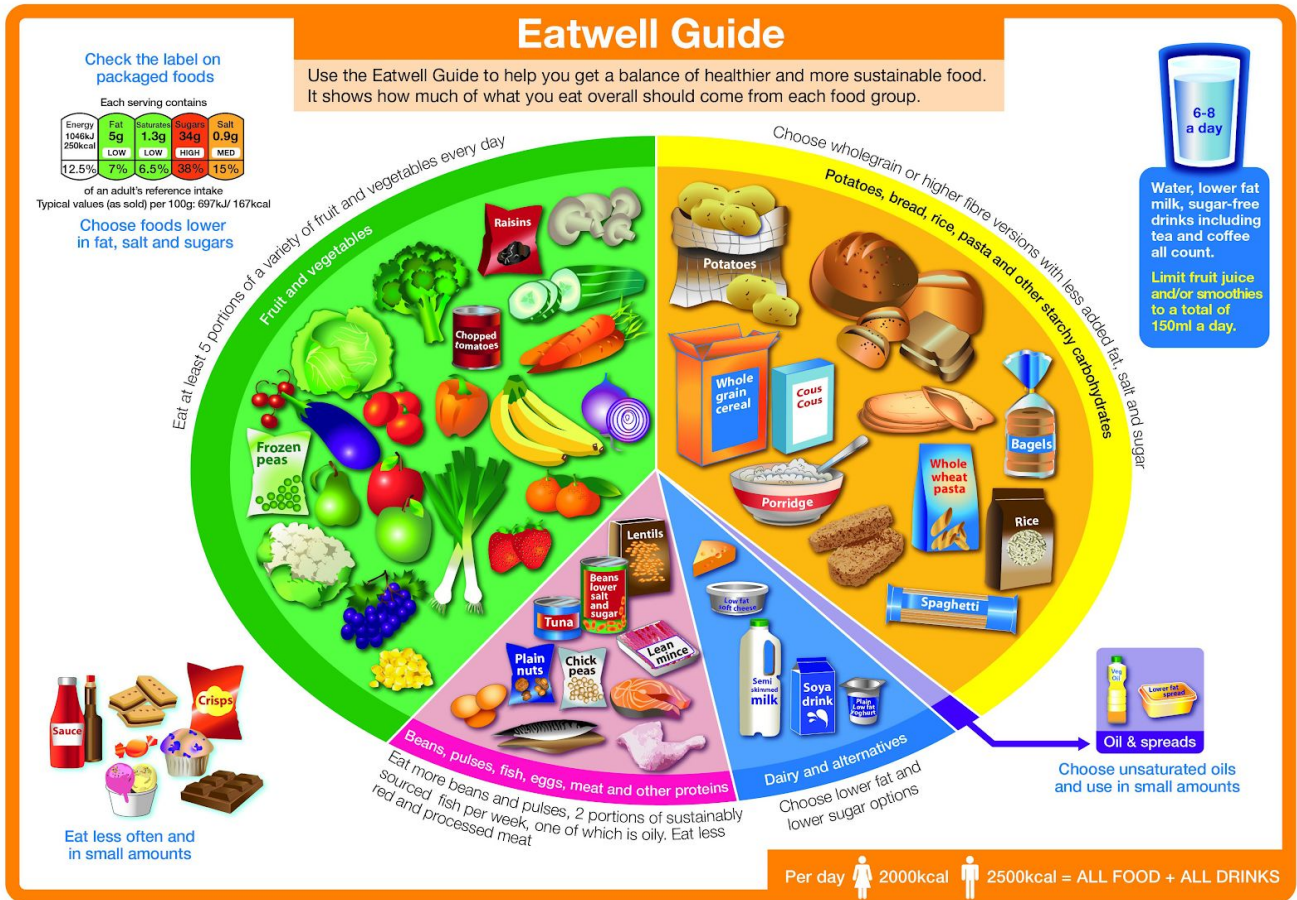
### Evening Snack

I.e, hot chocolate made with milk or a packet of crisps or two portions of fruit

+ 6-10 drinks per day

## Example Meal Plan

<b>Carbohydrates</b> 1/3 plate.	<b>Vegetables</b> 1/3 plate.	<b>Protein</b> 1/3 plate.	<b>Dairy and Fats</b> 1/3 plate.
<ul style="list-style-type: none"><li>• Potatoes</li><li>• Rice</li><li>• Bread</li><li>• Pasta</li><li>• Oats</li></ul>	<ul style="list-style-type: none"><li>• Fresh Fruit</li><li>• Fresh Vegetables i.e, broccoli</li><li>• Tinned Fruit or Vegetables i.e, tinned tomatoes.</li><li>• Frozen Vegetables i.e, peas.</li></ul>	<ul style="list-style-type: none"><li>• Beans and pulses</li><li>• Eggs</li><li>• Fish</li><li>• Meat</li><li>• Nuts</li></ul>	<ul style="list-style-type: none"><li>• Yoghurt</li><li>• Cheese</li><li>• Butter</li><li>• Salad Dressings</li><li>• Oils</li></ul>



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

\* The above example is based on the nutrition requirements of the average UK adult. Consult a nutritionist or GP for further advice if you believe you have a medical condition. Calorie counting is not advised.