

Daily eating plan 1.1

Sample daily eating plan for a moderately active women aged between 51 to 70 years' old

	Variety	Processed	Grain	Veg	Fruit	Dairy	Meat	KJ	Cal
Breakfast								1584	377
1/3 cup oats	1		1					421	100
Milk ½ cup	1					.5		284	67
200g Yoghurt (natural)	1	.5				1		879	210
Snack								764	182
Banana 1	1				1			377	90
Rice Cake 4	1	.5	1					387	92
Lunch								2319	552.5
Bread Multigrain 2 slices		1	2					822	196
Tomato ½ medium size	1			.5				6	1.5
Baby Spinach ½ cup	1			.5				21	5
Cheese 40g	1	1				1		322	76
Capsicum ¼ cup	1			.5				18	4.5
Cucumber ¼ cup	1			.5				14	3.5
Small Tuna 95g	1	1					1	548	131
1 Cup Milk						1		568	135
Snack								904	216
Apple	1				1			405	97
Small Coffee Latte						.5		499	119
Dinner								1178	280
Roast Chicken	1						1	829	198
Potato ¼ Cup	1			.5				97	23
Pumpkin ¼ Cup	1			.5				79	18
Broccoli ½ Cup	1			1				111	26
Green Beans ½ Cup	1			1				62	15
Total	19	4	4	5	2	4	2	6749	1607.5
Target	> 17	< 7	4	5	2	4	2		