

Pick your portions and plan your meal



Plan all the meals for a particular day,
choosing a balanced mix of foods and drinks in the correct
portion sizes.

Firstly, pick your portions:

Fruit and Vegetables	5+ portions
Potatoes, bread, rice, pasta, and other starchy carbohydrates	7 portions
Beans, pulses, fish, eggs, meat and other proteins	3 portions
Dairy and alternatives	3 portions
Oil and spreads	2 portions

Now, plan your meal:

Breakfast	Ingredients:
Lunch	Ingredients:
Dinner	Ingredients:
Snacks	Ingredients: