

Meal & snack example record: Maintaining good nutrition females (11+ yrs) and males (11-14 yrs)

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST	A bowl of cereal with semi-skimmed milk. 1 slice of toast with spread and jam. A banana.	A bowl of granola with yogurt and blueberries. 1 crumpet with spread and jam.	A toasted bagel with spread and peanut butter. A pear.	A bowl of porridge with semi-skimmed milk. 1 scotch pancake with spread and jam. 1 glass fruit juice.	A bowl of cereal with semi-skimmed milk. 1 slice of fruit bread toasted with spread and jam. Grapes	2 slices of toast with spread, baked beans and a cooked tomato.	1 breakfast muffin with spread, scrambled egg and mushrooms.
MORNING SNACK	A hot cross bun.	2 scotch pancakes.	A chocolate biscuit bar.	Packet of crisps.	A handful of mixed fruit and nuts.	Popcorn.	Cereal bar.
LUNCH	A jacket potato with spread and baked beans. 1 glass of fruit juice. A pot of wholemilk yogurt.	A wrap with spread, chicken, avocado and tomato. Strawberries A pot of wholemilk custard.	A sandwich with spread and egg mayonnaise. 2 plums. A pot of wholemilk rice pudding.	A pitta bread with spread, falafels and hummus. A small salad bowl with dressing. 2 scoops of ice cream.	A bagel with spread, salmon and cream cheese. A small bowl of salad with dressing. A pot of wholemilk yogurt.	Pasta with tuna mayonnaise and sweetcorn. A banana. A pot of wholemilk rice pudding.	A baguette with spread, ham and cucumber. 2 clementines. Semi-skimmed milk drink
AFTERNOON SNACK	.2 plums	A banana	2 kiwi fruit	An apple	A Pear	Grapes	A Banana
DINNER	Pizza with a small bowl of salad and dressing. 2 scoops of ice cream.	Chicken and vegetable pasta bake. A bowl of instant mousse.	Baked salmon, with rice and stir fried vegetables. 1 pot of chocolate dessert.	Sausages with olive oil sweet potato mash, sweetcorn and peas. A pot of wholemilk rice pudding.	Fish fingers, a jacket potato and a small bowl of salad with dressing. A pot of wholemilk custard.	Chilli con carne with rice. A waffle with ice cream and sauce.	A roast dinner with pork, roast potatoes, broccoli and gravy. A portion of fruit crumble and custard.
EVENING SNACK	Milky hot chocolate.	2 slices of banana loaf with spread.	A handful of nuts.	A chocolate bar.	A cake slice	2-3 biscuits.	Milky hot chocolate.
DRINKS	Aim for 6-8 mugs of fluid over the day (which includes the fluids listed).						

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This diet sheet is part of a personal plan for the named individual under guidance from a HCPC Registered Dietitian / Health Care Professional
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