

Balanced meal on a plate

Protein-rich foods

These are foods that build muscles such as:

- Fish such as pilchards, sardines & tuna
- Baked beans • Milk • Cold meats • Chicken
- Eggs • Maas • Cheese • Yoghurt

Plan a serving that fills a quarter of your plate or lunchbox at every meal.

Fat foods

Add a serving of fat to every meal i.e.

- 1 Tablespoon 'lite' mayonnaise / low oil salad dressing
- 1 Teaspoon margarine / oil • 2 Teaspoon peanut butter
- 5 - 8 Olives • 1 Tablespoon unsalted nuts (30g)
- Quarter avocado

Lucky Star is high in Omega 3 fatty acids. Fats provide our body with essential vitamins.

Carbohydrate-rich foods

These are foods such as:

- Potato with the skin on and sweet potato • Pasta
- Brown/Wholewheat bread and crackers • Seed roll
- Bran breakfast cereal • Oats porridge • Porridge • Popcorn

Plan a serving that fills a quarter of your plate or lunchbox at every meal.

Vegetables and Fruit

Half of your plate or lunchbox should be made up of a variety of different coloured vegetables and fruit that help protect you against illness.

Strive for 5 servings a day:

This means that you should eat at least 5 portions of a variety of different vegetables and fruit every day.

