

## Meal Plan 6000kJ (1500kcal)

### Number of serves allowed per day

| Food Group / Serves Per Day                             | One serve is equal to:   |   |
|---|--|---|
| <b>Breads &amp; cereals</b><br>4 serves per day         | 1 slice bread<br>¾ cup cereal or porridge<br>½ cup cooked rice, pasta        | 2 crispbread<br>15 small rice crackers<br>1 small scone or slice plain cake           |
| <b>Vegetables to limit</b><br>2 serves per day          | 1 small potato<br>½ cup potato salad made with low fat dressing/oil          | ½ cup cooked corn, peas, parsnip, sweet potato<br>¾ cup thick vegetable and bean soup |
| <b>Other vegetables &amp; salad</b><br>As desired       | N/A  | N/A   |
| <b>Fruit</b><br>2 serves per day                        | 1 small/medium piece fruit<br>½ cup fruit juice                              | ½ cup canned/stewed fruit   |
| <b>Milk &amp; milk products</b><br>3 serves per day     | 200ml low fat milk<br>200ml low fat yoghurt<br>25g or 1 slice low fat cheese | 200ml calcium fortified soy milk or yoghurt   |
| <b>Meat &amp; meat alternatives</b><br>3 serves per day | 50g lean meat/chicken<br>60g fish<br>1 egg                                   | 1/3 cup baked beans/ legumes  |
| <b>Extras</b><br>2 serves per day                       | 10g or 2 tspn margarine/ oil   |   |

**6000kJ (1500kCal) Meal Plan: soft, low in total and saturated fat and sugar, high in fibre with low GI foods included, a low salt diet, with CHO portions controlled and spaced regularly over the day.**

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| <p><b>Breakfast:</b> Water</p> <p>1. 1 ½ cups cereal (e.g. Guardian flakes, cooked porridge, All Ban Fruit 'N Oats) + 1 cup low fat milk (e.g. skim, Pura Tone, Pura Light Start) + ½ cup stewed/canned fruit (e.g. apple, natural juice drained)</p> <p>OR</p> <p>2. 1 low fat pancake (see recipe) topped with 1 serve fruit (e.g. 1 banana, 1 cup strawberries) + 200g pot low fat vanilla yoghurt or Fruche</p>  |
| <p><b>Morning Snack:</b> Water +/- 1C tea</p>  |
| <p><b>Lunch:</b> Water</p> <ul style="list-style-type: none"> <li>• 1 palm-sized serve (100g) lean meat / chicken / fish</li> <li>• 1 cup cooked basmati rice / pasta / mashed sweet potato/creamed corn / 2 small potatoes</li> <li>• ½ plate non-starchy vegetables/salad (e.g. cauliflower, broccoli, zucchini, pumpkin, )</li> <li>• E.g. casserole, meat &amp; vegetables/roast dinner/vegetable frittata or omelette, curry, stir fry</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>• 1 cup low fat custard / 2 scoops low fat ice cream/ 200g low fat/diet yoghurt or Fruche + diet jelly +/- ½ cup stewed/tinned fruit / 1 cup soft fresh fruit</li> </ul>  |
| <p><b>Afternoon Snack:</b> Water +/- 1C tea</p>  |
| <p><b>Dinner:</b> Water</p> <ul style="list-style-type: none"> <li>• Thick soup (split pea + ham /minestrone/garden vegetable with soup mix) + 1 slice bread</li> </ul> <p>OR</p> <p>3. (<i>maximum twice weekly</i>) 2 eggs (poached, scrambled, omelette) +grilled chopped tomato + chopped mushrooms + ½ cup baked beans +/- other vegetables 1 slice bread (e.g. Vogels Honey and Oat, Burgen Soy and Linseed)</p> <p>OR</p> <p>4. 2 slices lean ham / 50-100g sardines grilled chopped tomato / mushrooms / pumpkin / eggplant +/- other vegetables 2 slices bread (e.g. Vogels Honey and Oat, Burgen Soy and Linseed)</p> <p>OR</p> <ul style="list-style-type: none"> <li>• Low fat quiche + chopped, steamed vegetables + 1 cup mashed sweet potato</li> </ul> <p>AND</p> <ul style="list-style-type: none"> <li>• 200g low fat/diet yoghurt or Fruche / Skinny Cow ice cream stick /1 cup low fat custard / 2 scoops low fat ice cream</li> </ul> |
| <p><b>Supper:</b> Water<br/>(If no dessert) 1 cup hot milk</p>   |

## References

- (1) Dietitians Association of Australia and The Speech Pathology Association of Australia Ltd. Texture modified foods and thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions. *Journal of The Dietitians Association of Australia* 2007;64 (suppl2): S53-76.
- (2) Stratton RJ, Green CJ, Elia M. Disease related malnutrition: an evidence-based approach to treatment. Wallingford: CABI Publishing, 2003.
- (3) Dietitians Association of Australia. Evidence based practice guidelines for the nutritional management of malnutrition in adult patients across the continuum of care. *Journal of The Dietitians Association of Australia* 2009;66 (supp3): S4-10.