

## Good to Eat – My Diet Sheet

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ORIGINAL MEAL PLAN SUGGESTED BY DIETICIAN FOR PERSON WITH LD AND HIGH BMI:

\*Obviously, this will be individualised to the patient, but the easy read concept could be the same.

- Breakfast - Bowl high fibre cereal (2 Weetabix or 1 sachet porridge)  
OR bowl Rice Krispies, Cornflakes or Special K with semi-skimmed milk  
OR 2 rounds toast (wholegrain/wholemeal bread) with low fat spread  
Cup of tea with semi-skimmed milk  
Have small glass (100 ml) orange / apple juice or piece of fruit
- Lunch - 2 slices wholegrain/wholemeal bread or 2-3 plain crackers with low fat spread  
1 slice chicken/turkey/ham/cheese or small tin tuna  
OR 1 pre-packed sandwich  
Salad  
OR vegetable / tomato-based soup  
Diet yoghurt or fruit
- Dinner - 2 medium potatoes  
OR 75g/1 ½ oz pasta or rice  
OR 2 slices wholemeal/wholegrain bread  
Meat, chicken, ham, egg, fish or cheese  
Vegetables (no limit on amount) OR baked beans
- Snack - 1 medium fruit  
1 Diet yoghurt  
1 scoop ice cream  
2 plain biscuits (Rich Tea, Marie, Cracker, Ginger Nut, Fig Roll)  
½ scone  
200mls semi-skimmed milk  
1 slice bread/toast

2 snacks can be taken daily. Choose fruit first.

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| Breakfast  | Lunch  | Dinner   | Snacks (choose 2)  |
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| <p>*Semi-skimmed milk only</p>  <p>Bowl of porridge<br/><b>OR</b></p>  <p>2 Weetabix with *milk<br/><b>OR</b></p>  <p>Cornflakes with *milk<br/><b>OR</b></p>  <p>Rice Krispies with *milk<br/><b>OR</b></p>  <p>Special K with *milk<br/><b>OR</b></p>  <p>2 slices toast with low fat margarine<br/><b>AND</b></p>  <p>Cup of tea with *milk<br/><b>AND</b></p>  <p>Small glass orange <u>or</u> apple juice <u>or</u> piece of fruit</p> |  <p>2 slices wholemeal/ wholewheat/wholegrain bread <u>or</u> 1 roll with low fat margarine<br/><b>OR</b></p>  <p>2 or 3 plain Crackers with low fat margarine<br/><b>AND</b></p>  <p>1 slice Ham/chicken / turkey/ cheese <u>or</u> 1 tin tuna<br/><b>OR</b></p>  <p>1 pre-packed diet sandwich<br/><b>AND</b></p>  <p>Salad<br/><b>OR</b></p>  <p>Vegetable or tomato-based soup<br/><b>AND</b></p>  <p>1 diet yoghurt <u>or</u> 1 piece fruit</p> |  <p>2 medium potatoes <u>or</u> 1 baked potato<br/><b>OR</b></p>  <p>75g / 1½ oz pasta<br/><b>OR</b></p>  <p>75g / 1½ oz rice<br/><b>OR</b></p>  <p>2 slices wholemeal / wholewheat/wholegrain bread <u>or</u> 1 roll with low fat margarine<br/><b>AND</b></p>  <p>Meat/chicken/ham/ gammon/ fish/ eggs or cheese<br/><b>AND</b></p>  <p>Lots of vegetables<br/><b>OR</b></p>  <p>Baked beans</p> |  <p>1 piece fruit <u>or</u> tinned fruit <u>in</u> juice<br/><b>OR</b></p>  <p>1 diet yoghurt<br/><b>OR</b></p>  <p>1 scoop ice cream<br/><b>OR</b></p>  <p>2 plain biscuits (Rich tea, Ginger Nut, Fig Roll, Marie)<br/><b>OR</b></p>  <p>Half a scone with some jam <u>or</u> low fat margarine<br/><b>OR</b></p>  <p>Glass of *milk<br/><b>OR</b></p>  <p>1 slice wholemeal / Wholewheat/wholegrain bread <u>or</u> toast with low fat margarine</p> |