

MONDAY

Breakfast: _____
 Morning tea: _____
 Lunch: _____
 Afternoon tea: _____
 Dinner: _____

TUESDAY

Breakfast: _____
 Morning tea: _____
 Lunch: _____
 Afternoon tea: _____
 Dinner: _____

WEDNESDAY

Breakfast: _____
 Morning tea: _____
 Lunch: _____
 Afternoon tea: _____
 Dinner: _____

THURSDAY

Breakfast: _____
 Morning tea: _____
 Lunch: _____
 Afternoon tea: _____
 Dinner: _____

FRIDAY

Breakfast: _____
 Morning tea: _____
 Lunch: _____
 Afternoon tea: _____
 Dinner: _____

SATURDAY

Breakfast: _____
 Morning tea: _____
 Lunch: _____
 Afternoon tea: _____
 Dinner: _____

SUNDAY

Breakfast: _____
 Morning tea: _____
 Lunch: _____
 Afternoon tea: _____
 Dinner: _____



THE FIVE FOOD GROUPS

- **Dairy:** the foods in this group are excellent sources of calcium, which is important for strong, healthy bones. Not many other foods in our diet contain as much calcium as dairy foods.
- **Fruit:** fruit provides vitamins, minerals, dietary fibre and many phytonutrients (nutrients naturally present in plants), that help your body stay healthy.
- **Grain (cereal) foods:** always choose whole grain and/or high fibre varieties of breads, cereals, rice, pasta, noodles, etc. Refined grain products (such as cakes or biscuits) can be high in added sugar, fat and sodium.
- **Lean meats and poultry, fish, eggs, tofu, nuts and seeds:** our body uses the protein we eat to make specialised chemicals such as haemoglobin and adrenalin. Protein also builds, maintains, and repairs the tissues in our body. Muscles and organs (such as your heart) are made of protein.
- **Vegetables, legumes and beans:** vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fibre and phytonutrients (nutrients naturally present in plants) to help your body stay healthy.