

# Adult weekly meal plan

## What can 5% free sugars and 30g fibre look like?

This menu simply shows one way of meeting the fibre and free sugar recommendations, as well other UK food and nutrient based dietary guidelines (e.g. energy, salt, saturated fat, 5 A DAY, fish) - it is not, however, the only or definitive approach. It also allows you to still have a little bit of what you fancy - in moderation!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	No added sugar muesli, semi-skimmed milk and canned peaches (in juice)  Small glass (150ml) orange juice	2 slices wholemeal toast with peanut butter  Skinny latte  Small glass (150ml) orange juice	Bran flakes, semi-skimmed milk and chopped banana  Tea	Small can of reduced sugar baked beans on 1 slice of wholemeal toast  Skinny latte	2 fortified wheat biscuits, semi-skimmed milk and chopped banana  Small glass (150ml) orange juice	Scrambled eggs, grilled tomato and 2 slices of wholemeal toast  Small glass (150ml) orange juice	Porridge with dried figs and seeds  Tea  Small glass (150ml) apple juice
Lunch	Jacket potato with tuna mayonnaise, sweetcorn and salad  2 oatcakes, cheese and grapes	Chicken and wholemeal pasta salad  4 dried apricots	Cheese and chutney and salad on a wholemeal roll  1 pear	Lentil soup, ham salad sandwich with salad cream, on wholemeal bread  2 tangerines	Houmous, rocket and red pepper on a wholemeal wrap  Low fat yogurt, honey and cinnamon	Thin crust Margherita pizza with added vegetables and side salad  Fruit salad	Roast chicken, roast potatoes, peas and carrots  Homemade spiced rice pudding
Evening Meal	Chickpea and spinach curry (retail cooking sauce) with brown rice	Baked salmon, new potatoes, broccoli and kale	Vegetarian bean chilli with brown rice	Lean pork and pak choi stir fry with noodles	Fish pie, peas and green beans	Spaghetti Bolognese with wholewheat spaghetti	Cheese and onion omelette, sweet potato wedges, green salad, lemon mayonnaise
Snacks	Guacamole and 1/2 wholemeal pitta bread  4 squares of dark chocolate	Smoothie: skimmed milk, low fat fruit yogurt, frozen berries  2 chocolate digestives	Unsalted nuts (handful) and raisins  175ml glass of red wine	Low fat plain yogurt, berries and pumpkin seeds  25g packet of plain crisps	Plain scone with low fat spread  7 Brazil nuts	Flapjack slice  175ml glass of red wine	1 apple  Homemade plain popcorn

### TO NOTE:

- For analysis, it is assumed that unsaturated oils are used for cooking (rapeseed) and in salads (olive) and spreads rich in polyunsaturates are used on toast and in sandwiches.
- Tea and coffee: unsweetened with semi-skimmed milk.

### TOP TIPS:

**Drinks** - staying hydrated is important, so additional fluids will be needed! We should consume 6-8 glasses of fluid each day - water is recommended. Other options include unsweetened herbal and fruit infusions, tea/coffee with lower fat milk, or 'no-added sugar' or 'sugar-free' drinks.

**Wholegrain variety** - you could try to include a variety of options such as wholegrain breakfast cereals, wholewheat pasta, wholewheat/multigrain breads, wraps and bagels oats, barley, rye, buckwheat and quinoa.

## Meal plan weekly averages

	Energy/calories (kcal)	Saturated fat (total % energy)	Total carbohydrate (inc. fibre) (total % energy)	Calcium (mg)	Iron (mg)	Salt (g)	Fruit & Veg (portions)
<b>Our mealplan</b>	1964	9.2	50	1060	14.8	4	8
<b>UK guidelines</b>	~2000	no more than 11	50	700	14.8	no more than 6	5

## What about FREE SUGARS?

What are free sugars? Free sugars are sugars that have been added to food or drinks. These include sugars added at home, by a chef or food manufacturer. Also included are all sugars found in honey, syrups (e.g. maple and agave) and unsweetened fruit/vegetable juices and smoothies. Sugars naturally found in milk, fruit and vegetables do not count.

- Meal plan weekly average = 4.6%
- UK recommendation = should not exceed 5% of total energy from food and drinks

### How can I reduce free sugar intake?

- Swap sugary drinks for water
- Swap to lower sugar breakfast cereals for porridge and choose fruit as a topping instead of sugar.
- Swap snacks like chocolate, biscuits, cakes or sweets for fruit, nuts, plain popcorn, plain oatcakes, rye crispbreads or plain yogurt.



Free sugar intake should be no more than ~7 sugar cubes (30g) each day

## What about FIBRE?

What is fibre? Fibre is an important plant-based carbohydrate. There are lots of types of fibre and it is a good idea to include a variety of fibre-rich sources in the diet as they may have different health benefits.

- Meal plan weekly average = 33g
- UK recommendation = at least 30g each day

### Where can I get fibre from?

Fruit, veg, pulses (beans, lentils, peas), wholegrains, nuts & seeds and potatoes with skin are all great sources of fibre.



In the UK, adults are having only around 19g of fibre each day