

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

Breakfast

No added sugar muesli, semi-skimmed milk and canned peaches (in juice)

Small glass (150ml) orange juice

Lunch

Jacket potato with tuna mayonnaise, sweetcorn and salad

2 oatcakes, cheese and grapes

Evening meal

Chickpea and spinach curry (retail cooking sauce) with brown rice

Snacks

Guacamole and 1/2 wholemeal pitta bread

4 squares of dark chocolate

Tuesday

Breakfast

2 slices wholemeal toast with peanut butter

Skinny latte

Small glass (150ml) orange juice

Lunch

Chicken and wholewheat pasta salad

4 dried apricots

Evening meal

Baked salmon, new potatoes, broccoli and kale

Snacks

Smoothie: skimmed milk, low fat fruit yogurt, frozen berries

2 chocolate digestives

Wednesday

Breakfast

Bran flakes, semi-skimmed milk and chopped banana

Tea

Lunch

Cheese and chutney and salad on a wholemeal roll

1 pear

Evening meal

Vegetarian bean chilli with brown rice

Snacks

Unsalted nuts (handful) and raisins

175ml glass of red wine

Thursday

Breakfast

Small can of reduced sugar baked beans on 1 slice of wholemeal toast

Skinny latte

Lunch

Lentil soup, ham salad sandwich with salad cream, on wholemeal bread

2 tangerines

Evening meal

Lean pork and pak choi stir fry with noodles

Snacks

Low fat plain yogurt, berries and pumpkin seeds

25g packet of plain crisps

Friday

Breakfast

2 fortified wheat biscuits, semi-skimmed milk and chopped banana

Small glass (150ml) orange juice

Lunch

Houmous, rocket and red pepper on a wholemeal wrap

Low fat yogurt, honey and cinnamon

Evening meal

Fish pie, peas and green beans

Snacks

Plain scone with low fat spread

7 Brazil nuts

Saturday

Breakfast

Scrambled eggs, grilled tomato and 2 slices of wholemeal toast

Small glass (150ml) orange juice

Lunch

Thin crust Margherita pizza with added vegetables and a side salad

Fruit salad

Evening meal

Spaghetti Bolognese with wholewheat spaghetti

Snacks

Flapjack slice

175ml glass of red wine

Sunday

Breakfast

Porridge with dried figs and seeds

Tea

Small glass (150ml) apple juice

Lunch

Roast chicken, roast potatoes, peas and carrots

Homemade spiced rice pudding

Evening meal

Cheese and onion omelette, sweet potato wedges, green salad, lemon mayonnaise

Snacks

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)
Our mealplan	1964	9.2	50	1060	14.8	4	8
UK guidelines	around 2000	no more than 11	50	700	14.8	no more than 6	at least 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 (or 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

around **7 sugar cubes** (30g) each day from 11+ years



What about FIBRE?

What is fibre? Fibre is an important plant based carbohydrate. There are lots of types of fibre and it's 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



Potatoes with skins

Did you know?

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

Getting enough fibre can help reduce the risk of **heart disease, type 2 diabetes and bowel cancer**, and can also improve **digestive health**.