

Appendix

Suggested food servings to achieve a healthy diet for women[#].

Food	Serves per day	Sample serving size	Hint
Breads, cereal, rice pasta, noodles	4-9	2 slices bread , 1 bread roll, 1 cup rice	<ul style="list-style-type: none"> • Try rye breads, fruit breads, multigrain breads, pasta, noodles, • Wide variation in serves is due to individual variation in activity • Encourage wholegrain choices
Vegetables	5-7	½ cup cooked vegetables, 1 cup salad vegetables, 1 small potato	<ul style="list-style-type: none"> • Include a wide variety of colourful vegetables
Fruit	2-3	1 medium piece of fruit, 2 smaller pieces, 1 cup diced or canned fruit	
Milk, yoghurt, cheese	3-4	1 cup, 200 g yoghurt, 1 cup soy milk, (calcium fortified)	<ul style="list-style-type: none"> • Choose low fat varieties • Include some fermented products
Meat, fish, eggs, nuts, legumes	1-1.5	65-100grams lean meat, or 80-120 grams cooked fish, (1 small fillet) or ½ cup dried beans or lentils, 1/3 cup peanuts or almonds, ¼ cup seeds.	<ul style="list-style-type: none"> • Include fish 1-2 serves per week (1 medium fillet) Includes tinned fish, sardines, tuna • Legumes and nuts regularly • 100g lean red meat is the size of a small palm.
Extra foods*	0-2.5	Plain biscuits, cake, alcohol, chocolate, crisps, pastries, oils and fats	<ul style="list-style-type: none"> • Additional foods can be included if energy requirements are high • Obtain oils through foods such as olives, raw nuts, seeds, grains and legumes, olive and canola oils and seed oils. • Watch for hidden fats in processed foods

[#]Adapted from The Australian Guide to Healthy Eating. Background information for nutrition educators. Adelaide Childrens Health Development Foundation 1998 Smith A, Kellett E Schmerlab Y.

*In addition to the 1-2 serves of extra foods, the guide also recommends modest consumption of margarine on foods like bread and toast and modest amounts of margarine or oil in food preparation.

Sample Meal Plans

The following suggested meal plans incorporate the dietary recommendations for women 40 plus. Low saturated fat, include some mono and polyunsaturated fats, high in fibre, and calcium and contains protective factors from a variety of foods such as seafood, fruit, vegetables and grains.

<p>Breakfast</p> <p>Fresh fruit Fortified breakfast cereal plus low fat milk Rye toast with ricotta, fresh fruit slices and cinnamon</p>	<p>Breakfast</p> <p>Fruit juice Fortified breakfast cereal with low fat milk Multigrain toast with baked beans</p>	<p>Breakfast</p> <p>2 slices wholegrain toast with margarine Fresh fruit salad and yoghurt</p>
<p>Morning nutritious snack</p> <p>Low fat grain-fruit based bar</p>	<p>Morning nutritious snack</p> <p>2 tablespoons dried fruit and walnuts</p>	<p>Morning nutritious snack</p> <p>Vegetable platter including olives and walnuts</p>
<p>Lunch</p> <p>Pasta with a fresh tomato sauce, a few olives, garlic and herbs Small bread roll</p>	<p>Lunch</p> <p>2 slices grainy toast brushed with olive oil with sardines or tuna plus tomato and basil</p>	<p>Lunch</p> <p>1 pita bread salad and hummus fresh fruit 1 glass low fat milk</p>
<p>Afternoon nutritious snack</p> <p>Banana smoothie made from low fat milk, banana, honey and low fat yoghurt</p>	<p>Afternoon nutritious snack</p> <p>Carton of low fat yoghurt</p>	<p>Afternoon nutritious snack</p> <p>Fruit bagel</p>
<p>Dinner</p> <p>Fish grilled with olive oil and herbs, polenta, eggplant, zucchini and peppers with tomato.</p>	<p>Dinner</p> <p>Pasta with tomato, garlic, vegetables, herbs and a little olive oil plus salad with an oil and vinegar dressing</p>	<p>Dinner</p> <p>Marinated lean Moroccan lamb with chickpeas and couscous, sweet potato, and spinach</p>
<p>Fresh figs and ricotta and honey</p>	<p>Strawberries and kiwi fruit sprinkled with chopped almonds</p>	<p>Fresh fruit platter with spiced yoghurt</p>
<p>Supper</p> <p>1 cup low fat milk</p>	<p>Supper</p> <p>Raisin toast with margarine</p>	<p>Supper</p> <p>Toasted muffin, margarine and sliced banana</p>