

Make all your choices good choices

	DAY ONE	DAY TWO	DAY THREE
BREAKFAST	Oats porridge Stewed apple Low fat milk Brown sugar	Fresh fruit salad Bran flake cereal (iron enriched) Low fat milk Sugar	Non toasted muesli Raisins Low fat milk Sugar
SNACK	Multigrain bread sandwich Tub margarine Berry jam	Homemade muffin (made with oat bran) Tub margarine	Brown bread sandwich Avocado and lemon juice spread
LUNCH	Barley and roasted vegetable salad Toasted pumpkin seeds Diced pineapple	Cold chicken Baby potato salad, with low fat yoghurt dressing. Cucumber, carrots and broccoli salad with flavoured vinegar.	Pasta salad with sliced peppers, cherry tomato halves, snap peas and olives. Balsamic vinegar dressing. Fresh fruit.
SNACK	Low fat yoghurt	Hot milk coffee with frothy milk topping.	Cold milk and ginger snaps.
SUPPER	Salmon and pasta bake (made with white sauce) Mixed salad	Bean and vegetable mix in baked potato. Mixed salad.	Grilled rump steak. Mushroom sauce. Brown rice. Mixed salad.
ALSO INCLUDED	<ul style="list-style-type: none"> • Up to five cups of tea / coffee (instant) per day, not with iron rich foods. • Drink lots of water. • Use oil as needed in preparation or serving. Olive, canola or sunflower oil are good choices, but the total quantity must still be limited. • Take an extra glass of low fat milk a day. • Use salt and foods high in salt sparingly; make sure your salt is iodated. • Use sugar and food and drinks (including fruit juice) sparingly. <p>Alcohol must not be consumed.</p>		