

# Meal Plan - Weight Gain and Good Nutrition for the Elderly

Prepared for Australian Eggs by Food & Nutrition Australia, September 2019



## INTRODUCTION

Both the physical effects of ageing and the impact of social changes can affect appetite and food intake at this time of life, making it more challenging to meet daily nutritional needs.

One of the side effects of these changes can be unintentional weight loss. Being aware of any weight changes over time and making small changes to your eating habits, such as eating smaller meals more often, can help you meet daily nutritional requirements while reducing the risk of unwanted weight loss. This meal plan provides easy and nutritious meal and snack options that will make it easy for you to meet your needs and enjoy the foods you are eating!



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## NOTES ABOUT THIS MEAL PLAN

- This meal plan has been developed to meet the nutritional requirements of healthy elderly (aged over 70 years) for weight gain and good nutrition.
- This meal plan provides 7-8 eggs and 3 fish meals a week, includes sources of healthy fats and provides a variety of protein rich foods across the day.
- This meal plan provides at least 3.5 serves of dairy per day. Women over 70 years require additional milk, cheese or yoghurt.
- Include at least one serving of green leafy vegetables each day, and also choose a variety of coloured vegetables including green, orange and red to assist in boosting your nutrient intake.
- For tailored advice please speak to an Accredited Practising Dietitian.

	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<b>BREAKFAST</b>	<b>Porridge</b> Rolled oats with 1.5 cups milk. + 1 piece of fruit (eg. 1 medium banana or 6 dried apricot halves).	<b>Peanut Butter on Toast</b> Wholemeal or seed bread (toasted) with peanut butter. + 1 glass of milk. + 1 piece of fruit (eg. a orange or 2 small pieces).	<b>Mushroom Soufflé Omelette (1 serve)</b> See recipe at <a href="https://bit.ly/2qbVZQf">https://bit.ly/2qbVZQf</a> + 1 glass of milk. + 1 piece of fruit (eg. 1 medium banana or pear).	<b>Cereal &amp; Fruit</b> Wholegrain flaky cereal sprinkled with linseeds and served with 1.5 cup milk. + 1 serve of fruit (eg. 6 dried apricot halves or 4 small plums).	<b>Fruit Toast</b> Fruit loaf with favourite spread. + 1 glass of milk. + 1 piece of fruit (eg. 1 medium apple or orange).	<b>Cereal</b> Wholewheat cereal biscuits + 1.5 cup milk + handful of crushed almonds. + 1 serve of fruit (eg. berries, raisins or sultanas).	<b>Scrambled Eggs on Toast</b> Scrambled eggs served on sourdough bread. + 1 glass of milk. + 1 serve of fruit (eg. 1 medium apple or banana).
<b>LUNCH</b>	<b>Egg and Chicken Salad Bowl (1 serve)</b> See recipe at <a href="https://bit.ly/35D9nfa">https://bit.ly/35D9nfa</a> + 1 tub yoghurt.	<b>Grilled Fish &amp; Vegetables</b> Fish with steamed vegetables. + a bread roll thinly spread with butter. + 1 tub yoghurt.	<b>Lentil, Vegetable and Barley Soup</b> Lentils with vegetables, vegetable stock and barley. + 1 serve of fruit (eg. 2 cups berries).	<b>Curried Egg Sandwich</b> Egg (add curry powder when mashing egg), wholemeal or seed bread, salad vegetables (eg. lettuce), and mayonnaise. + 1 tub yoghurt.	<b>Chicken &amp; Pasta Salad</b> Lean chicken + pasta + leafy green vegetables + avocado + oil (for cooking). + 1 serve of fruit (eg. 1 medium pear or orange).	<b>Tuna, Cheese and Salad Wrap</b> Canned Tuna + cheese + avocado + salad vegetables (eg. lettuce, cucumber, carrot, capsicum) rolled up in wholegrain wrap. + 1 glass milk.	<b>Chicken and Vegetable Soup</b> Chicken pieces + vegetables (eg. tomato, celery, carrot) with vegetable stock. + a bread roll spread with avocado. + 1 tub yoghurt.
<b>DINNER</b>	<b>Chicken &amp; Cashew Noodle Stir-fry</b> Chicken tenderloins sliced, stir fried in peanut oil with vegetables, rice noodles and cashew nuts.	<b>Greek-Style Egg Lemon Soup with Chicken and Greens (1 serve)</b> See recipe at <a href="https://bit.ly/2NGsmPS">https://bit.ly/2NGsmPS</a> Serve with mixed salad vegetables.	<b>Spaghetti Bolognese</b> Lean mince with spaghetti, tomato, cheese and olive oil (for cooking). + a side salad (baby spinach, carrots, cucumber).	<b>Grilled Chicken and Vegetables</b> Lean chicken with corn on the cob, vegetables baked in a little olive oil, + sweet potato mash.	<b>Salmon, Rice and Vegetables</b> Oven baked Salmon fillet + potato wedges served with steamed vegetables.	<b>Lamb Chops and Vegetables</b> Trim lamb chop + sweet potato + vegetables + small amount oil (for cooking).	<b>Roast Dinner</b> Lean roast pork + baked potato + baked vegetables + small amount of oil (for cooking).
<b>DESSERT /SUPPER</b>	<b>Fruit Salad and Ice Cream</b> Fresh fruit salad with ice cream.	<b>Fresh Fruit &amp; Cheese Platter</b> Slice and serve a variety of fresh fruits in season and cheese.	<b>Berry &amp; Cheese Dessert</b> Stir 2 cups berries into ½ cup smooth ricotta cheese, drizzle with honey and top with a sprinkle of almond meal.	<b>Banana Souffle (1 serve)</b> See recipe at <a href="https://bit.ly/3513W9t">https://bit.ly/3513W9t</a> +1 glass milk.	<b>Fruit Smoothie</b> Made with 1 cup milk + 1 tbsp walnuts + fruit (eg. a small mango or berries).	<b>Yoghurt Parfait</b> Layer 1 tub of yoghurt and muesli/rolled oats in tall serving glasses. Top with a sprinkle of crushed nuts.	<b>Wholesome Baked Custard (1 serve)</b> See recipe at <a href="https://bit.ly/32N5jHH">https://bit.ly/32N5jHH</a>
<b>SNACKS</b>	1 glass milk. Wholemeal bread (toasted) with baked beans.	Fruit & Yoghurt. Avocado on a slice of rye toast.	1 tub yoghurt + canned tuna in oil on crackers.	Ice cream + handful of mixed nuts.	1 tub yoghurt. Strawberry slices + ricotta cheese + nut butter on toast.	1 serve of fruit (eg. 1 cup fresh fruit salad or 3/4 cup grapes) + handful of mixed nuts.	<b>Chocolate Drizzled Banana</b> Made with a banana and 2 tsp melted dark chocolate + cheese on crackers.