

Eye Health Meal Plan for Older Adults

	Meat-Free Monday	Tuesday	Wednesday	Thursday	Meat-Free Friday	Saturday	Sunday
Breakfast	<p>Fruit Toast 2 regular slices of fruit loaf + 1 glass milk</p> <p>+ 1 medium orange</p>	<p>Porridge with Chia 1/2 cup dried rolled oats + 0.5Tb chia seeds + 250ml milk + mixed berries cinnamon to taste</p>	<p>Peanut Butter on Toast 2 slices of low GI bread (toasted) with 1/2 Tb peanut butter 1 glass milk 1 medium banana</p>	<p>Baked Beans on Toast 1 cup salt-reduced baked- beans on low GI toast</p> <p>1 glass milk</p>	<p>Porridge with Chia 1/2 cup dried rolled oats + 0.5Tb chia seeds + 250ml milk + seasonal fruit cinnamon to taste</p>	<p>Scrambled Eggs on Sourdough 2 eggs +1 Tb milk scrambled. Serve on 1 slice sourdough toast + ¼ avocado. Top with flat-leaf parsley.</p> <p>1 glass milk</p>	<p>Cereal & fruit ¾ cup wholegrain flaky cereal sprinkled with pumpkin seeds + 250ml milk</p> <p>1 medium orange</p>
Lunch	<p>Corn and Veggie Fritters</p> <p>See recipe at: https://www.australianeggs.org.au/recipes-and-cooking/</p>	<p>Tuna and Cucumber Sandwich 2 slices low GI bread spread with mayonnaise, 1 small can tuna, cucumber slices & ½ cup baby spinach</p>	<p>Feta and Spinach Omelette See recipe at: https://www.australianeggs.org.au/recipes-and-cooking/</p>	<p>Red Lentil, Pumpkin and Tomato Soup (1 serve)</p> <p>Refer to the Macula Menu Recipe Booklet</p>	<p>Salad & Cheese Sandwich 2 slices low GI bread with 2 tsp olive oil spread + 1 slice cheese + 1 salad vegetables (e.g. cos lettuce, cucumber, tomato, red onion)</p>	<p>Broccoli and Pea Soup Refer to the Macula Menu Recipe Booklet</p>	<p>Roast Dinner 100g lean pork + 1 medium baked potato + 1.5 cups baked vegetables (pumpkin, capsicum, zucchini) + 2 tsp olive oil (for cooking)</p>
Dinner	<p>Tofu and Hokkien Noodle Stir-fry 100g diced firm tofu + 1.5 cup veg (capsicum, beans, carrot) + 1 cup Hokkien noodles + 2 tsp sesame oil + 2 Tb soy sauce. Top with sesame seeds</p>	<p>Grilled Chicken & Vegetables</p> <p>100g lean chicken with 1 medium corn cob, 1.5 cups baked vegetables and 2 tsp olive oil (for cooking)</p>	<p>Spaghetti Bolognese</p> <p>1/2 cup cooked lean mince with 1 cup cooked spaghetti, tomato, 30g grated cheese and 2 tsp olive oil (for cooking)</p> <p>+ 2 cups side salad</p>	<p>Lamb Chops & Vegetables 1 large trim lamb chop + 3/4 cup sweet potato + 1/2 cup steamed broccoli, ½ cup peas + 2 tsp olive oil (for cooking)</p>	<p>Red Lentil, Pumpkin and Tomato Soup (1 serve)</p> <p>(leftovers)</p>	<p>Salmon, Rice & Vegetables 100g salmon + 1/2 cup cooked basmati or doongara rice + 1.5 cups beans, peas & carrots</p>	<p>Sardines on Toast 5 tinned sardines (55g) 2 slices low-GI toast Avocado, sliced tomato, flat- leaf parsley Lemon squeeze</p>
Dessert/ Supper	<p>1 tub low fat custard</p>	<p>1 cup canned peaches + 2 scoops ice-cream</p>	<p>1 cup fruit salad</p>	<p>1 tub low-fat yogurt 1 cup sliced strawberries</p>	<p>Smoothie 1 cup milk + 2 Tb plain yogurt + 1 small banana, 1 cup baby spinach, ½ cup frozen berries</p>	<p>1 cup blueberries + 1 tub low fat custard</p>	<p>1 cup fruit salad + 2 scoops ice-cream</p>
Snacks	<p>Handful mixed nuts and seeds (30g) Smoothie: 1 cup milk + 2 Tb plain + 1 small banana, 1 cup baby spinach, ½ cup frozen berries</p>	<p>Leftover Corn and Veggie Fritters</p> <p>4 vita-weet crackers with 2 slices cheese</p>	<p>1 tub low fat yoghurt</p>	<p>1 medium orange</p> <p>Handful pistachio nuts (30g)</p>	<p>English muffin + 0.5Tb peanut butter</p>	<p>1 cup diced rockmelon 1 tub low-fat yogurt</p>	<p>1 tub low fat yoghurt 10 olives</p>

This meal plan meets the Australian Guide to Healthy Eating¹ daily food group serve recommendations for adults 70 years and over, emphasising green leafy vegetables, citrus fruits, legumes, lentils, nuts and seeds.

The plan also provides:

- An average daily intake of lutein and zeaxanthin >6mg per day
- 2.5 fish meals a week
- Low GI carbohydrates throughout the week

Please note individual energy and nutrient recommendations vary. For tailored advice please speak to an Accredited Practising Dietitian.

1. National Health and Medical Research Council. Australian Guide to Healthy Eating Vol. 2014 (Commonwealth of Australia, Canberra, 2013).