## Eye Health Meal Plan for Older Adults

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Meat-Free Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Meat-Free Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<td><strong>Snacks</strong></td>
<td><strong>Supper</strong></td>
<td><strong>Dessert</strong></td>
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<td><strong>Fruit Toast</strong></td>
<td>2 regular slices of fruit loaf + 1 glass milk + 1 medium orange</td>
<td><strong>Porridge with Chia</strong></td>
<td>1/2 cup dried rolled oats + 0.5 Tb chia seeds + 250 ml milk + mixed berries cinnamon to taste</td>
<td><strong>Baked Beans on Toast</strong></td>
<td>1 cup salt-reduced baked beans on low GI toast + 1 glass milk</td>
<td><strong>Porridge with Chia</strong></td>
<td>1/2 cup dried rolled oats + 0.5 Tb chia seeds + 250 ml milk + seasonal fruit cinnamon to taste</td>
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<td>1 cup canned peaches + 2 scoops ice-cream</td>
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<td>1 cup fruit salad</td>
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<td>1 cup low-fat yogurt + 1 small banana, 1 cup baby spinach, ½ cup frozen berries</td>
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## Meats

- **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.
- **Grilled Chicken & Vegetables**
  - 100g lean chicken with 1 medium corn cob, 1.5 cups baked vegetables and 2 tsp olive oil (for cooking) + 2 cups side salad
- **Spaghetti Bolognese**
  - 1/2 cup cooked lean mince with 1 cup cooked spaghetti, tomato, 30g grated cheese and 2 tsp olive oil (for cooking) + 2 cups side salad
- **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)
- **Red Lentil, Pumpkin and Tomato Soup (1 serve)**
  - Refer to the Macula Menu Recipe Booklet
- **Salmon, Rice & Vegetables**
  - 100g salmon + 1/2 cup cooked basmati or doongara rice + 1.5 cups beans, peas & carrots
- **Sardines on Toast**
  - 55g)
  - 2 slices low-GI toast
  - Avocado, sliced tomato, flat-leaf parsley
  - Lemon squeeze

## Vegetables

- **Tuna and Cucumber Sandwich**
  - 2 slices low GI bread spread with mayonnaise, 1 small can tuna, cucumber slices & ½ cup baby spinach
- **Feta and Spinach Omelette**
  - See recipe at: https://www.australianeggs.org.au/recipes-and-cooking/
- **Red Lentil, Pumpkin and Tomato Soup (1 serve)**
  - Refer to the Macula Menu Recipe Booklet
- **Broccoli and Pea Soup**
  - Refer to the Macula Menu Recipe Booklet
- **Roast Dinner**
  - 100g lean pork + 1 medium baked potato + 1.5 cups baked vegetables (pumpkin, capsicum, zucchini) + 2 tsp olive oil (for cooking)

## Drinks

- **Smoothie**
  - 1 cup milk + 2 Tb plain yogurt + 1 small banana, 1 cup baby spinach, ½ cup frozen berries
- **Smoothie**
  - 1 cup milk + 2 Tb plain yogurt + 1 small banana, 1 cup baby spinach, ½ cup frozen berries
- **Smoothie**
  - 1 cup blueberries + 1 tub low fat custard
- **Smoothie**
  - 1 cup fruit salad + 2 scoops ice-cream

## References

Prepared by APDs at Food and Nutrition Australia in collaboration with Professor Vicki Flood and Diana Tang. We acknowledge the support of Australian Eggs. 2019
This meal plan meets the Australian Guide to Healthy Eating\textsuperscript{1} 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.