

Live your life



Introduction

It can be easy to overlook natural food sources when seeking to increase your vitamin D intake. Vitamin D is sometimes called the 'sunshine vitamin' for a reason. The best source of vitamin D is sunlight. However, despite our climate, almost a quarter (23%) of Australian adults have a mild or moderate vitamin D deficiency*.

For many reasons, it's not always possible to get enough sun exposure and so it's useful to know that it is possible to meet the recommended daily intake of vitamin D through your diet.

This 7-day meal plan aims to provide you with 100% of the recommended daily intake of vitamin D for adults.

*<https://www.abs.gov.au/statistics/health/health-conditions-and-risks/australian-health-survey-biomedical-results-nutrients/latest-release>

Notes about this meal plan:

- This meal plan provides approximately 8,700kJ daily and is based on the average energy and nutrient requirements for weight maintenance in 18 - 65 year old adults who undertake light to moderate levels of activity. Your energy requirements vary depending on age, activity, health status, height and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- The meal plan provides the minimum number of serves from each of the core food groups as recommended in the Australian Guide to Healthy Eating* for adults (other than women over 51 years and men over 70 years who require additional dairy).
- This meal plan provides 100%RDI vitamin D for adults per day.
- Note it is also important to drink plenty of water.
- This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia.
- Those with a medical issue should seek advice from a medical practitioner prior to changing their diet.

*Australian Guide to Health Eating, NHMRC, Commonwealth of Australia, 2013, <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>



Meal Plan - High in Vitamin D

Prepared for Australian Eggs by Food & Nutrition Australia, March 2021



	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Breakfast	<p>Asian-style Scrambled Egg Breakfast (1 serve)</p> <p>+ 2 slices multigrain bread + 1 glass vitamin D fortified soy milk + 1 medium pear</p>  <p>http://bit.ly/asian-style-scramble</p>	<p>Wholegrain Cereal with Milk & Fruit</p> <p>¾ cup wholegrain flaky cereal + 1 cup vitamin D fortified milk + 1 medium apple (diced) + 1 tbsp linseeds</p>	<p>Toast with Soy Milk</p> <p>1 toasted wholegrain bread spread with 1 tbsp nut butter + 1 glass vitamin D fortified soy milk + 1 banana</p>	<p>Mango Smoothie</p> <p>Smoothie made with ¾ cup wholegrain flaky cereal + 1 cup vitamin D fortified milk + 1 small mango + 1 banana + 2 tbsp linseed</p>	<p>Ricotta & Fruit Wrap</p> <p>1 slice of wholemeal flat bread spread with ¼ cup ricotta, ½ sliced banana + ½ cup strawberries + ¼ cup muesli. Drizzle with honey and roll up into a wrap. + 1 glass vitamin D fortified milk</p>	<p>Muesli with Yoghurt & Fruit</p> <p>½ cup muesli + 1 tub yoghurt + 2 nectarines/ apricots/ plum</p>	<p>Poached Eggs on Toast</p> <p>Two poached eggs on 2 slices wholegrain toast. Add tomato, spinach, 2 medium mushrooms. + 1 medium apple + 1 glass vitamin D fortified milk</p>
Lunch	<p>Tuna & Avocado Couscous Salad</p> <p>1 medium tuna fillet (pan-fried or sashimi) + 2 cups salad vegetables (e.g. lettuce, cucumber, tomato) + ¼ avocado + 1 cup cooked couscous</p>	<p>Homemade Beef Burger</p> <p>100g pan-fried lean beef patty on 1 wholegrain flat bread roll + sliced tomatoes + ½ sliced red onion + 2 lettuce leaves + 1 cheese slice + mustard/tomato/BBQ sauce to taste. + 1 kiwifruit/ apricot</p>	<p>Sweet Potato Waffles with Eggs and Avocado (1 serve)</p>  <p>http://bit.ly/sweet-potato-waffle-eggs</p>	<p>Lentil, Vegetables and Barley Soup</p> <p>Lentils with 1 cup chopped vegetables (e.g. carrot, pumpkin, celery, onion), vegetable stock and barley. Serve with dollop of natural yoghurt. + 1 slice multigrain bread + small bundle of grapes</p>	<p>Mexican Pan Frittata (1 serve)</p> <p>Served with toasted multi-grain bread</p>  <p>https://bit.ly/mexican-pan-frittata</p>	<p>Chicken, Cheese and Salad Wrap</p> <p>Chicken breast + cheese + avocado + salad vegetables (e.g. lettuce, cucumber, carrot, capsicum) rolled up in wholegrain wrap.</p>	<p>Baked Beans, Spinach & Tomato on Toast</p> <p>Baked beans with 2 slices soy & linseed toast with 1 tsp spread + steamed spinach and grilled tomato. + 1 medium orange</p>
Dinner	<p>Greek Chicken Bowl</p> <p>Pan-fried 100g chicken breast, ½ cup cherry tomato, small cucumber and ½ onion with olive oil, served over 1 cup cooked brown rice. Topped with plain Greek yoghurt or tzatziki sauce and feta cheese. Squeeze with lemon juice.</p>	<p>Cauliflower Steaks with Herbed Scramble (1 serve)</p> <p>Served with 1 cup steamed brown rice and tomato and green salad.</p>  <p>http://bit.ly/cauliflower-steaks-scramble</p>	<p>Grilled Steak with Vegetables</p> <p>Grilled steak (using canola or olive oil) with mashed sweet potato and steamed vegetables.</p>	<p>Baked Salmon with Quinoa & Vegetables</p> <p>1 medium salmon fillet (100g), baked & served with 1 cup cooked quinoa + 2 cups cooked vegetables (e.g. cauliflower, broccoli, carrots) + 2 tsp oil in cooking or as a dressing with lemon juice.</p>	<p>Pesto Chicken Pasta</p> <p>1 cup wholemeal pasta with basil pesto sauce, chicken breast, cherry tomatoes and roasted asparagus + side salad with vinegar dressing.</p>	<p>Eggs with Herbed Mushrooms (1 serve)</p> <p>Served with 2 slices sourdough bread.</p>  <p>https://bit.ly/eggs-herbed-mushrooms</p>	<p>Lamb Stir-fry</p> <p>Made with 100g trim lamb + 2 cups mixed veg stir fried canola oil. Serve with 1 cup cooked brown rice.</p>
Dessert/ Supper	<p>Ricotta & Fruit</p> <p>1 cup fruit salad topped with 2 tbsp ricotta cheese and a sprinkle of linseeds & chia seeds.</p>	<p>Berries & Yoghurt Parfait</p> <p>¾ cup natural yoghurt layered with ½ cup mixed berries and 2 tbsp chopped nuts. + (optional) 1tbsp apple juice for sweetness</p>	<p>Fresh Fruit & Cheese Platter</p> <p>Slice and serve a variety of fresh fruits in season with your favourite cheese.</p>	<p>Pancake with Ricotta Cheese</p> <p>Spread 2tbsp ricotta cheese over pancakes. Topped with ½ cup berries and almond slices. + drizzle with honey (optional)</p>	<p>Frozen Yoghurt with Fruit</p> <p>Slice and serve a variety of fresh fruits in season with your favourite frozen yoghurt.</p>	<p>Mango Sorbet</p> <p>Peel 1 mango and freeze the flesh for 4-5 hours. Blend mango and ¼ cup hot water in food processor until smooth.</p>	<p>Fruit Pop</p> <p>Made with frozen fruits (e.g. bananas or berries) with Greek yoghurt.</p>
Snacks	<p>1 tub yoghurt topped with 1 tbsp mixed seeds</p>	<p>3 wholegrain crispbreads with 30g cottage cheese and sliced cucumber</p>	<p>Handful of nuts (30g)</p>	<p>1 tub yoghurt topped with muesli</p>	<p>Handful of nuts (30g)</p>	<p>1 glass vitamin D fortified soy milk</p>	<p>3 wholegrain crackers with 40g cheese</p>