

Live your life

Introduction

Having a well-balanced diet plays an important role in keeping you healthy and energised as you age. Getting adequate nutrition can help you maintain healthy weight and lower the risk of developing chronic conditions like diabetes and heart disease.

This meal plan uses practical and convenient recipes and meets the Australian Guide to Healthy Eating recommendations for adults 60-80 years.

Notes about this meal plan:

- This meal plan provides an average of 8700 kilojoules per day. Your energy and nutrition requirements vary depending on activity, health status, height and weight. For personalised advice, seek the services of an Accredited Practising Dietitian.
- This 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 aged 60-80 years.
- This meal plan provides 7 eggs per week.
- This meal plan provides at least 2.5 serves of dairy per day. Males aged 70 years and over require an extra serve of dairy daily. Women 60+ years require an additional 1.5 serves of dairy daily.
- Note it is also important to drink plenty of water.
- Include a variety of coloured vegetables including green, purple, orange and red to assist in boosting your nutrient intake.

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



General Healthy Meal Plan for Seniors (60 - 80 Years)

Prepared for Australian Eggs by Food & Nutrition Australia, January 2022



	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Breakfast	Porridge Rolled oats with 1 cup milk & drizzled with honey to taste + 1 piece of fruit (e.g. banana or 6 dried apricot halves)	Nut Butter Toast Wholemeal or linseed toast with nut butter + 1 glass of milk + 1 piece of fruit (e.g. orange, pear or banana)	Muesli with Yoghurt & Fruit ½ cup muesli + 1 tub yoghurt + 1 cup of mixed berries	Wholegrain Cereal & Fruit Wholegrain flaky cereal sprinkled with linseeds and served with 1 cup milk + 1 cup of fruit (e.g. pineapple, peach, melon)	Muesli with Yoghurt & Fruit ½ cup muesli + 1 tub yoghurt + 1 piece of fruit (e.g. apple or orange)	Cereal Biscuits & Fruit Wholewheat cereal biscuits + 1 cup milk + handful of crushed walnuts + 1 serve of fruit (e.g. berries, raisins or sultanas)	Ricotta & Fruit Wrap 1 slice of wholemeal flat bread spread with ½ cup ricotta, ½ sliced banana + ½ cup peach. Roll up into a wrap + 1 glass milk
Lunch	Tex-Mex Egg Tortilla Pockets (1 serve) + 1 tub yoghurt.  Recipe at bit.ly/TexMexEggTortilla	Beef & Cannellini Bean Minestrone Soup Made with beef stock, lean beef, vegetables (canned tomato, celery, carrot, onion), cannellini beans. Served with wholegrain or linseed bread.	Turkey & Salad Sandwich Made with wholegrain bread, sliced turkey, lettuce, tomato and cheese.	Smashed Avocado, Tuna, Feta Cheese on Toast Wholegrain or linseed toast topped with smashed avocado, canned & drained tuna, feta cheese + sprinkle with paprika (optional) + bundle of grapes	Heart Healthy Shakshuka (1 serve) Served with wholemeal sourdough  Recipe at bit.ly/HeartHealthyShakshuka	Stuffed Sweet Potato Bake a whole sweet potato in the oven for 30min or until cooked. Cut in half lengthways, scoop out the flesh without breaking the skin & mix it with canned & drained kidney beans, diced tomato & shredded cheese. Pop the mix back into the potato skin halves and bake until cheese is melted. + 1 cup berries	Chicken Tacos Warmed taco shells filled with shredded roasted or pan-fried chicken strips, tomato salsa, avocado, shredded lettuce and diced onion + 1 tub yoghurt
Dinner	Beef Burrito Bowl Pan-fried 100g lean beef mince with onion, assembled with cherry tomato, sliced cucumber, served over 1 cup cooked brown rice. Topped with plain Greek yoghurt or tzatziki sauce and fetta cheese. Squeeze with lime juice	Baked Salmon & Vegetables with sweet potato mash Oven baked Salmon fillet + sweet potato mash baked vegetables (e.g. zucchini, onion, capsicum) + squeeze of lemon juice (optional)	The Easiest Egg Fried Rice (1 serve)  Recipe at bit.ly/EasiestFriedRice	Pork Stir-fry 100g pork with 2 cups cooked vegetables (e.g. broccoli, peas, capsicum, onion), 1 cup cooked brown rice and 2 tsp oil	Pesto Chicken Pasta 1 cup wholemeal pasta with basil pesto sauce, sliced chicken breast, cherry tomatoes and roasted asparagus + side salad with vinegar & olive oil dressing.	Egg Skirt Dumplings (1 serve) + a side of steamed vegetables (broccoli, peas and carrots)  Recipe at bit.ly/EggSkirtDumpling	Roast Lamb & Quinoa Salad Made with diced lean lamb + 2 cups vegetables (e.g. broccoli, cress, spout, cherry tomato, snap peas) + 1 cup cooked quinoa + fetta cheese + walnuts
Dessert/Supper	1 scoop Ice Cream	Fresh Fruit & Cheese Platter Slice and serve a variety of fresh fruits and cheese	Fruit Salad & Ricotta Cheese Dessert 1 cup fruit salad topped with 2 tbsp ricotta cheese	Chocolate Drizzled Strawberries Made with 1 cup of strawberries and 2 tsp melted dark chocolate	Fruit Smoothie Made with 1 cup milk + 1 tbsp walnuts + fruit (e.g. a small mango, banana or 1 cup berries)	Yoghurt with Muesli Layer 1 tub of yoghurt and muesli. Sprinkle with crushed nuts.	Custard 1 tub reduced fat custard
Snacks	1 cup fruit salad topped with pumpkin seeds	1 tub yoghurt	1 glass of milk mixed with chai tea	1 tub yoghurt topped with linseeds	Cheese on wholegrain crackers	2 wholegrain crackers with hummus and cucumber slices	2 pieces of small fruit (e.g. nectarines, kiwifruits, plums) + 1 boiled egg