

# Menu Planning Guidelines

---

Using the menu template provided, plan for the week in order, discuss with the participant over the seven days:

1. **The main dishes:** looking for inclusion of a variety of meat, chicken, fish, egg, legumes or lentil meals. Identify the size of portion – if meat, aim for the size of the palm of the hand of the participant and about 1cm thick.

Discuss removal of fat before cooking and low fat methods of cooking.

2. **The vegetables:** aiming for a variety of colours each day and throughout the week  
(Note: potato and kumara are good sources of carbohydrate and are not included in the vegetable message).
3. **Plan the breakfasts for the week.** This is an ideal meal to use fruit and low fat dairy products such as low or reduced fat milks and yoghurts. If using cereal and bread, encourage the use of high fibre, wholegrain products.
4. **Plan the lunches:** incorporating high fibre/wholemeal bread with fruit and vegetables.
5. **Check the fluids:** and frequency aiming for water, low fat milk or tea with low fat milk as the preferred drinks. If the participant is using sweetened fizzy drinks, suggest use of diet drinks if water is not an option.
6. **Use the Te Wai o Rona healthy food messages as a check list.**
  - Eat a minimum 5+ fruit and vegetables each day – increase fruit and vegetables
  - Drink water – drink more water
  - Eat less sugar – decrease simple sugars
  - Eat less fat – decrease fat intake
  - Choose more variety of protein containing foods
  - Watch the portion size
  - Eat more fibre

## Note:

This menu planning guideline is incorporating all the healthy food messages in the one process and you may want to work on one or two messages at a time, with one or two changes identified by the participant and their readiness to change information.

Balance, moderation and variety – choice  
Small changes will add up to BGI differences