

# Build a meal that works for you

Five questions - not five fixed rules. The combination depends on the day, taste and access.

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## 1 Protein foundation

Which food will provide a clear protein foundation?

Eggs • yoghurt/cottage cheese • fish/meat • pulses • tofu/tempeh



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## 2 Energy and carbohydrate source

What will support energy, satiety and the demands of the day?

Bread • potatoes • rice • pasta • oats • fruit • pulses



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## 3 Vegetables and/or fruit

What accessible colour, flavour or texture can we add?

Fresh • frozen • roasted • soup • salad • fruit with or after the meal



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## 4 Fat, flavour and finish

What makes the meal tasty, satisfying and suitable?

Olive oil/oil • nuts/seeds • olives • avocado • cheese • sauce/dressing



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## 5 Fluids in context

What do you usually drink, and what is available here?

Water • tea • milk/drink • soup; needs vary with the circumstances



### MIXED DISHES COUNT TOO

#### Bean stew + bread + salad

One dish can provide protein, carbohydrate and fibre.

#### Yoghurt/soy alternative + oats + fruit + nuts

Breakfast does not have to look like a "plate".

#### Rice + tofu/chicken + vegetables + sauce

Vary the sources to suit culture, budget and preference.

**Start with the food you already eat. Add function - not guilt.**