

Adult weekly meal plan : what does 5% free sugars and 30g fibre look like?

Adult meal plan averages 4.9% free sugars and 33.2g fibre (1989 kcals)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The amounts of free sugars provided by the 3 highest contributors each day are shown in brackets							
Breakfast	No added sugar muesli, semi-skimmed milk, banana Small glass (150ml) orange juice (12.9g)	2 slices of granary toast with peanut butter Skinny latte Small glass (150ml) orange juice (12.9g)	2 fortified wheat biscuits (0.9g) , semi-skimmed milk, chopped banana Unsweetened tea	Small can reduced sugar baked beans (4.8g) on 1 wholegrain toast Skinny latte	2 fortified wheat biscuits, semi-skimmed milk, chopped banana Small glass (150ml) orange juice (12.9g)	Scrambled eggs, grilled tomato, 2 slices of wholemeal toast Small glass (150ml) orange juice (12.9g)	Porridge with dried figs and seeds Unsweetened tea Small glass (150ml) apple juice (14.6g)
Lunch	Jacket potato with tuna and sweetcorn and salad 2 oatcakes, cheese and grapes	Chicken and wholewheat pasta salad 4 dried apricots	Cheese, chutney (11.4g) and salad on a malted wheat roll 1 pear	Tomato soup (10.8g) , ham salad sandwich, salad cream (1.9g) , wholewheat bread 2 tangerines	Houmous, spinach and red pepper on a wholemeal wrap Low fat yogurt, honey (6.0g) , cinnamon	Thin crust Margherita pizza (2.9g) with added vegetables, side salad Fruit salad	Roast chicken, roast potatoes, peas and carrots Homemade spiced rice pudding (13.7g)
Evening Meal	Chicken and spinach curry (retail cooking sauce) (2.3g) , brown rice	Baked salmon, new potatoes, broccoli and kale Fruit salad	Vegetarian bean chilli with brown rice Small chocolate mousse (6.1g)	Lean steak and broccoli stir fry with noodles	Fish Pie, peas, green beans	Wholewheat spaghetti Bolognese	Cheese and onion omelette, sweet potato wedges, green salad, lemon mayonnaise (1.1g)
Snacks	Guacamole, ½ wholemeal pitta 4 squares of dark chocolate (9.4g)	Smoothie: skimmed milk, low fat fruit yogurt (9.0g) , frozen berries 2 chocolate digestive biscuits (7.4g)	Unsalted nuts and raisins (40g) 175ml glass of red wine	Low fat plain yogurt, berries, pumpkin seeds 30g plain crisps	Plain scone (1.5g) with low fat spread 7 Brazil nuts	Flapjack slice (11.6g) 175ml glass of red wine	

Drinks: Staying hydrated is important! As well as the drinks shown above, additional fluids will be needed. *We should consume 8-10 glasses of fluids each day. Water is recommended. Other options include unsweetened tea and coffee with lower fat milk, 'no calorie', 'no-added sugar', 'sugar-free' or 'diet' carbonated drinks and squashes*

Free sugars, fibre and energy - daily totals

Free sugars % total dietary energy	5.1	6.1	4.1	3.9	4.8	4.6	5.4
AOAC fibre g	33.3	32.9	33.7	41.1	30.2	30.9	30.2
Energy, Kcal	2080	2051	1806	1882	1778	2139	2188

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total	Weekly average	
2080	2051	1806	1882	1778	2139	2188	13923	1970	Energy/calories (Kcal)
32.4	34.8	25.1	33.8	34.6	38.1	45.7	244.5	34.9	% Total dietary energy (calories) from fat
8.2	9.1	7.3	6.6	11.8	13.6	10.9	67.4	9.6	% Total dietary energy from saturates
102.8	100.3	94.1	67.6	84.9	79.5	97.9	627.0	89.6	Total sugars (g)
26.5	31.2	18.7	18.6	21.3	27.8	29.5	173.6	24.8	Free sugars (g)
5.1	6.1	4.1	3.9	4.8	4.6	5.4	34.0	4.86	% Total dietary energy from free sugars
33.3	32.9	33.7	41.1	30.2	30.9	30.2	232.3	33.2	Fibre (g)
920	1164	1242	1003	1226	1018	1074	7647	1092	Calcium (mg)
13.5	12.5	16.8	16.7	15.2	15.3	14.6	104.7	15.0	Iron (mg)
3.8	3.2	3.1	7.9	3.7	3.9	3.2	28.8	4.1	Salt (g)
9.9	7.8	9.5	7.1	6.2	10.4	7.8	58.6	8.4	Fruit and vegetables (portions)

Additional notes

- This is a simply devised meal plan that shows one way of meeting the new recommendations in practice – it is not, however, the only or definitive approach
- For purposes of the modelling:
 - Tea and coffee are unsweetened with semi-skimmed milk
 - Bread/toast includes low fat, polyunsaturated spread
 - Vegetable oils have been used for cooking (rapeseed oil) and in salads (olive oil)

Free sugars are sugars that have been added by a food manufacturer, cook or consumer to a food and include those sugars naturally found in fruit juice, honey and syrups. They do not include sugars naturally found in milk and milk products, nor in fruit and vegetables.