

Remember,
be positive about food. Enjoy eating.
Don't think about what you can't eat,
think about what you can eat.



www.eatbetterfeelbetter.co.uk

Keep the Meal Real 5

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and the latest health news visit
www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health
information service for Scotland.
www.nhsinform.org
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Keep the Meal Real

Dietetics
Information for patients



Look inside for
simple everyday eating

KEEP IT SIMPLE, KEEP IT REAL

ENJOY EATING FOR BETTER PHYSICAL & MENTAL HEALTH

Aim to have 3 main eating times each day to;

- ❖ Satisfy hunger
- ❖ Fuel your body & brain
- ❖ Help you feel good about food

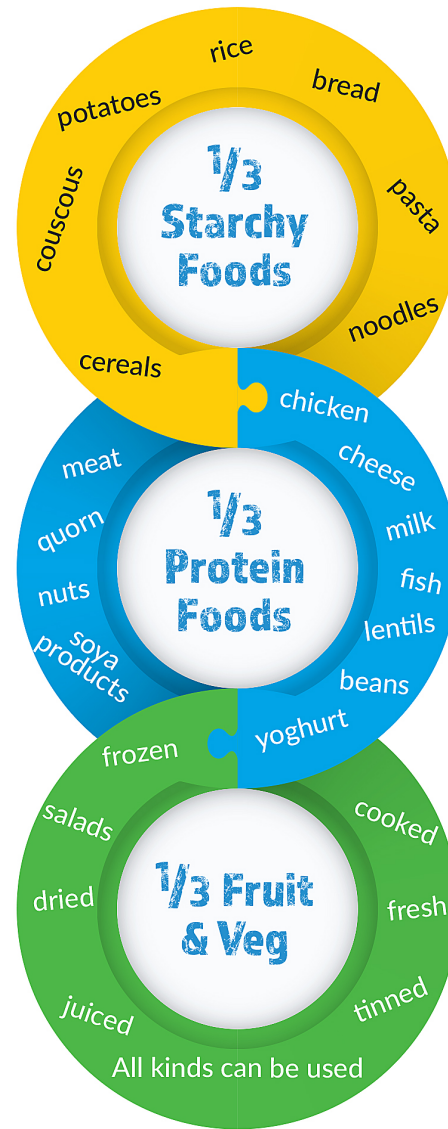
Keep it simple, keep it balanced by having the 3 main food types in every meal.



Try to eat regularly at least every 4 hours.

KEEP IT SIMPLE, KEEP IT REAL

WHERE DO I GET THESE DIFFERENT FOOD TYPES FROM?



KEEP IT SIMPLE, KEEP IT REAL

Balanced meal ideas

MORNING OR FIRST MEAL

- ❖ Toast Yoghurt Fruit juice
- ❖ Cereal or porridge Milk Dried fruit
- ❖ Eggs on toast Tomato/mushrooms
- ❖ Bacon roll Fruit juice



LIGHT MEAL

- ❖ Beans/scrambled eggs on toast Fruit
- ❖ Vegetable soup Cold meat bread/wrap
- ❖ Oatcakes Humous/cheese Vegetable sticks
- ❖ Baked potato Tuna/chilli/beans Salad
- ❖ Chicken salad Pasta/rice/couscous Yoghurt



MAIN MEAL

- ❖ Mince Potatoes Carrots Rice pot
- ❖ Chicken curry Rice/naan bread Fruit
- ❖ Soup Cheese & tomato pizza Salad
- ❖ Fish Chips Peas
- ❖ Cheese & vegetable pasta



KEEP IT SIMPLE, KEEP IT REAL