

Appendix 5

Adolescents – sample diet

This three-day meal plan has been analysed for major nutrients and meets the needs of a 15 year old female doing light to moderate exercise (9000 kJ/day). Young males five years of age need more energy (9–12,000 kJ/day) so will need to eat extra bread and cereals. Older males (16–18 years old) will need considerably more to meet their higher energy needs of 11–13,500 kJ/day. Very active adolescents also have higher energy needs. Extra energy is best provided by additional servings of bread, cereals, pasta, rice, potatoes, fruit and milk, eaten throughout the day. The purpose of this meal plan is to determine nutrient recommendations and serving recommendations and should not be used for individual diet plans.

Day One	Day Two	Day Three
Breakfast		
1 weetbix and trim milk	half cup muesli (not toasted) and trim milk	2 slices wholemeal toast
1 banana	half cup yoghurt	2 tsp margarine
1 slice wholemeal toast	1 slice wholemeal toast	2 tsp peanut butter
1 tsp margarine	1 tsp margarine	1 glass trim milk
1 tsp marmite	2 tsp jam	
Mid Morning		
1 currant bun	1 fruit muffin	4 cream crackers
1 tsp margarine	1 tsp margarine	1 slice cheese (20 g)
Lunch		
2 slices wholemeal bread	2 slices wholemeal toast	1 potato-top meat pie
1 tsp margarine	1 tsp margarine	1 milkshake
1 slice luncheon sausage	1 cup baked beans	1 apple
1 tomato	1 orange	
1 apple		
250 ml flavoured milk		

Mid Afternoon

2 slices wholemeal bread	1 glass trim milk	1 packet crisps
2 tsp margarine	1 cup popcorn	1 orange
2 tsp jam		
1 glass diluted fruit juice		

Dinner

three-quarters cup mince	2 slices pizza	150 g baked fish (hoki)
1 medium potato	quarter French bread stick	1½ cup cooked rice
100 g carrots	2 tsp margarine	½ cup kumara
100 g broccoli	lettuce salad with 1 tomato and 1 carrot	½ cup cabbage
1 pottle fruit-flavoured yoghurt	2 scoops vanilla ice cream	2 scoops of vanilla ice cream

Supper

2 plain biscuits	1 banana	2 slices wholemeal toast
cocoa with 100 ml trim milk		2 tsp margarine
		2 tsp honey
		cocoa with 100ml trim milk