

Healthy Eating



Easy Read

NHS Grampian ALD Dietetics Service

Breakfast Ideas



Fresh fruit



Fruit Juice



Cereal
and semi skimmed milk



Porridge



Toast
and low fat spread



Toasted bagel
and low fat spread

Light Meal Ideas



Baked potato and tuna



Beans and toast



Sandwich



Soup and bread



Scrambled egg and toast



Tomatoes and toast

Light Meal Ideas



Oatcakes
and low fat pate



Feta cheese, olives
and salad



Houmous, carrots and
celery



Rice cakes
and low fat cheese spread



Crackers and cottage
cheese

Main Meal Ideas



Salad



Pasta and tomato sauce



Fish, potatoes
and vegetables



Curry and rice



Mince, potatoes
and vegetables



Sweet and sour chicken
and rice

Main Meal Ideas



Fish, peas and oven chips



Vegetable risotto



Roast chicken, potatoes and vegetables



Chilli and rice



Vegetable pasta bake



Turkey burgers, salad and oven chips

Pudding Ideas



Diet yoghurt



Fresh fruit



Dried fruit



Tinned fruit



Sugar free jelly



Low sugar milk pudding