

Nutrition action plan

Tick the relevant column after each review.

Actions	Already doing this	Ready to do now	Not ready yet	Start date	Review regularly and note your progress here
Eat plenty of vegetables (aim for five serves every day).				___/___/___	
Choose wholegrain breads, cereal, pasta, rice and noodles.				___/___/___	
Select lean meat (meat trimmed of fat and poultry without skin).				___/___/___	
Have two to three serves (150 g serve) of fish and seafood every week.				___/___/___	
Incorporate legumes into at least two meals a week.					
Choose from dried peas (e.g. split peas), dried beans (e.g. haricot beans, kidney beans), canned beans (e.g. baked beans, three bean mix) or lentils.				___/___/___	
Include up to six eggs every week.				___/___/___	
Choose reduced fat milk, yoghurt, cheese or custard, or calcium-added non-dairy food and drinks.				___/___/___	
Use a variety of oils for cooking – some suitable choices include canola, sunflower, soybean, olive, sesame and peanut oils.				___/___/___	
Instead of butter, use spreads and margarines made from canola, sunflower or olive oil.				___/___/___	

Continued over...

Nutrition action plan *(continued)*

Tick the relevant column after each review.

Actions	Already doing this	Ready to do now	Not ready yet	Start date	Review regularly and note your progress here
Use salad dressings and mayonnaise made from oils such as canola, sunflower, soybean, olive, sesame and peanut oils.				___ / ___ / ___	
Snack on plain, unsalted nuts and fresh fruit (aim to eat two serves of fruit and one handful of nuts every day).				___ / ___ / ___	
Limit processed meats, including sausages, and deli meats, such as salami.				___ / ___ / ___	
Limit take-away foods, such as pastries, pies, pizza, hot chips, fried fish, hamburgers and creamy pasta dishes.				___ / ___ / ___	
Limit salty, fatty and sugary snack foods, such as crisps, cakes, pastries, biscuits, lollies and chocolate.				___ / ___ / ___	
Drink mainly water, and avoid sugar-sweetened drinks. Choose caffeinated drinks like coffee and tea in moderation.				___ / ___ / ___	
Ask your doctor for a referral to an accredited practising dietitian.				___ / ___ / ___	