[Insert organisation name/logo]

# EXAMPLE MEAL FOR WOMEN

***🖌Note\****

*This poster has been adapted from the Australian Dietary Guidelines developed by the Department of Health and Ageing and is only an example. For more information refer to* [*http://www.eatforhealth.gov.au/*](http://www.eatforhealth.gov.au/)*. Organisations may also find it useful to access the Oz Harvest NEST program for training on nutrition planning* [*http://www.ozharvest.org/what-we-do/nest-nutrition-education/*](http://www.ozharvest.org/what-we-do/nest-nutrition-education/)*.*

*\*Please delete note before finalising this document.*

The sample meal plan outlined below provides the nutritional and energy requirements for a **WOMAN aged 19-50 years** of average height, healthy weight and light activity.

