



# MENU PLANNING

## CONTENTS

- Menu planning in quick service restaurants and full service restaurants
- Menu planning in business and industry
- Menu planning in schools
- Menu planning in hospitals, nursing homes and retirement homes
- Menu planning using various software tools



## Keep an eye on portion size

A set menu (for lunch or dinner) should have the following distribution of nutrients on average (based on a 2,000 kcal diet):

### Protein

75g protein per day  
~ 32g protein per meal  
(e.g. 160g salmon)

### Fat

66g fat per day  
~ 21g fat per meal  
(e.g. 10g butter, 1 tbsp olive oil, 1 tbsp canola oil)

Monounsaturated fat

Polyunsaturated fat

Saturated fat

15% Protein

10%

10%

10%

55% Carbohydrates

### Carbohydrates

275g carbohydrates per day  
~ 90g per meal  
(e.g. 2 cups of pasta/rice, 2 slices of whole-wheat bread)



## 5 A Day

Eat at least 5 (or more) servings (fresh, frozen, dried, or canned) of fruits and vegetables every day for better health. Increasing their consumption can significantly **reduce the risk of many chronic diseases** (e.g. heart disease, cancer), and may also play a preventative role for diabetes and obesity. It is important to eat/serve different types (colours) of fruits and vegetables every day.

### A serving of fruit or vegetables could be:

**Fruit:** 1 apple, ½ grapefruit, a slice of melon, 1 orange, 3 apricots, ¾ cup of fruit juice, ¼ cup of dried fruits

**Vegetables:** 2 carrots, 1 potato, 2 large stalks of celery, 1 cup of cooked greens

