



THE UNIVERSITY of EDINBURGH
Global Academy of
Agriculture and Food Systems

IDI Data-Driven
Innovation
Part of the Edinburgh & South East Scotland City Region Deal

Meal planning

Amelia B Finaret, Honorary Lecturer

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Myths about meal planning

- Meal planning must look like this:



- Meal planning must look like this:

MEAL PLANNER

Personalized free meal planner templates available on EDIT.org

	BREAKFAST	LUNCH	DINNER
SUNDAY	Avocado & sweet potatoe toast with poached egg	Mango and chickpea kale salad, Spiced turkey with Dijon Vinaigrette	Creamy cauliflower puree, Blackened scallops with baked vegetables, 1 apple
MONDAY	Avocado & sweet potatoe toast with poached egg	Mango and chickpea kale salad, Spiced turkey with Dijon Vinaigrette	Creamy cauliflower puree, Blackened scallops with baked vegetables, 1 apple
TUESDAY	Avocado & sweet potatoe toast with poached egg	Mango and chickpea kale salad, Spiced turkey with Dijon Vinaigrette	Creamy cauliflower puree, Blackened scallops with baked vegetables, 1 apple
WEDNESDAY	Avocado & sweet potatoe toast with poached egg	Mango and chickpea kale salad, Spiced turkey with Dijon Vinaigrette	Creamy cauliflower puree, Blackened scallops with baked vegetables, 1 apple
THURSDAY	Avocado & sweet potatoe toast with poached egg	Mango and chickpea kale salad, Spiced turkey with Dijon Vinaigrette	Creamy cauliflower puree, Blackened scallops with baked vegetables, 1 apple



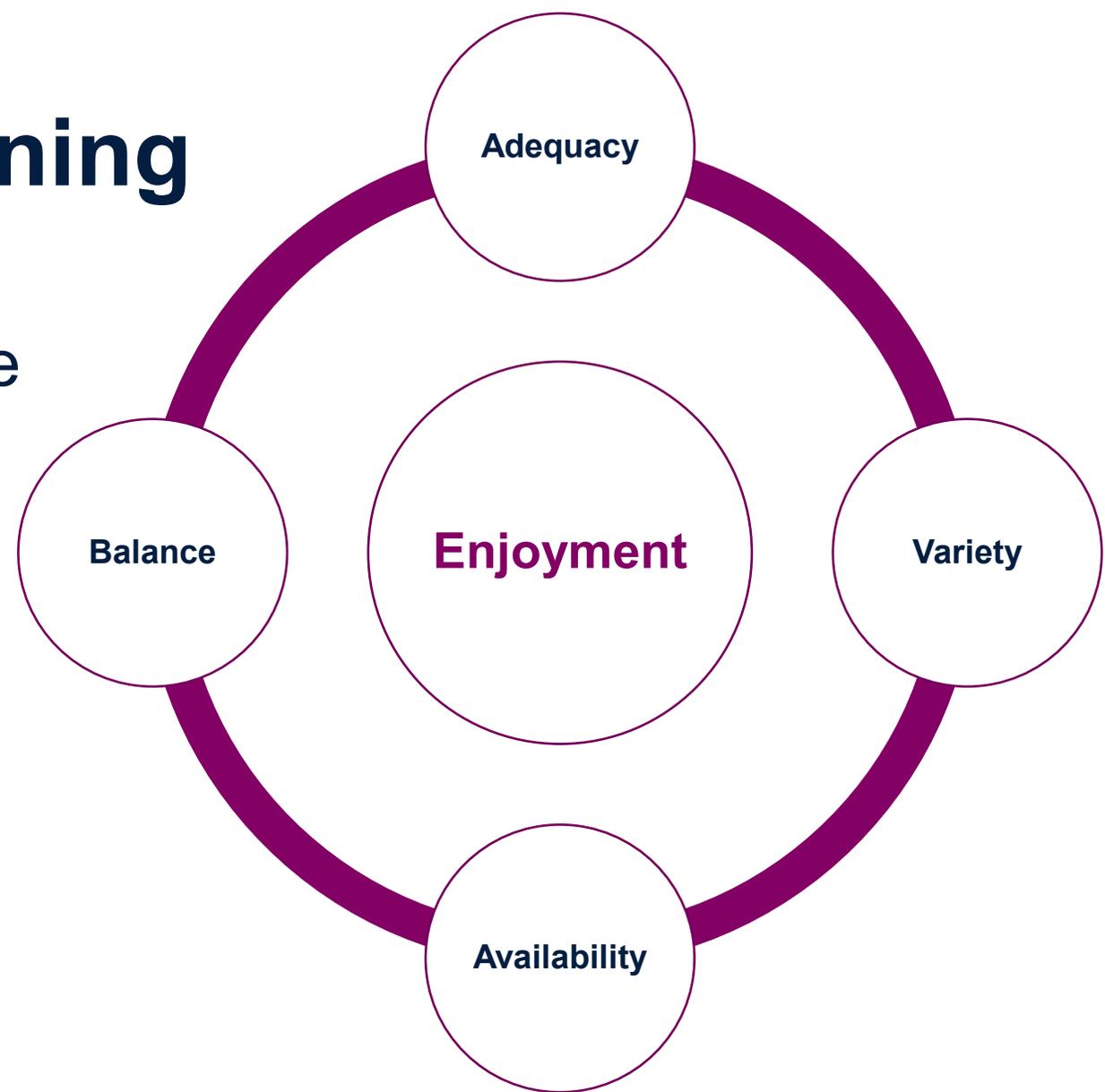
Meal planning can happen as a part of your regular life

- Meals don't need to be elaborate, unless you want them to be
- Meals don't need to have expensive ingredients
- Meals don't have to be prepared for hours and stored artfully
- Meal planning doesn't require special skills or equipment, just practice
- Meals don't need to be perfect
- Meals don't need rigid rules about what foods go together
- Meal planning can engage with emotional and social needs too



Principles of meal planning

Enjoying meals and snacks is the most important strategy and mindset to be healthy



Adequacy

- Adequacy means that you are pleasantly full after a meal, and that you experience this feeling with all meals.



Balance

- Balance means that you got the nutrients you needed at that time from the meal or snack.



Variety

- Variety means that your meal includes foods from several food groups.



Photo by [Mehmet Turgut Kirkgoz](#) on Pexels



Availability

- Availability means that you have access to the foods you like and need.



Photo by [Muffin Creatives](#) on Pexels



How can we enhance our enjoyment of meals and snacks?

- Practice designing an enjoyable meal that is adequate, has balance and variety, and is available to you.
- Have several different items on your serving dish
- Include items with different textures, colors, temperatures, prep methods
- Eat foods that you like so that you can look forward to eating
- Eat enough so that you know you will be satisfied afterwards
- Enhance flavors with spices, condiments, and herbs
- Individual explorations based on your own preferences



An index of “food wellbeing” which includes food enjoyment varies by region of the world

Food Wellbeing Index, by Region

% Completely satisfied



Data collected in 2022

Respondents who say they “mostly enjoyed” the food they ate in the seven days before the survey, say the food was “mostly healthy” and believe they had a lot of choices in the types of food they ate are considered to be “completely satisfied” on the Food Wellbeing Index.

ANDO FOUNDATION/NISSIN FOOD PRODUCTS

GALLUP



Data and resources

- [Food Wellbeing Index](#)
- [Eatwell Guide from The NHS](#)
- [Dietary Guidelines for Americans \(USDA\)](#)
- [The Healthy Eating Plate from The Nutrition Source](#)



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Thank you

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