

NUTRITIONAL RECOMMENDATIONS

(Based on 1400,1600 and 1800 calorie diet)

FOOD GROUP	Recommended DAILY SERVINGS			Approximate CALORIES PER SERVING	Approximate CALORIES PER DAY		
	(1400)	(1600)	(1800)		(1400)	(1600)	(1800)
Starches	5	6	7	80	400	480	500
Fruit	3	3	3	60	180	180	180
Milk	3	3	3	100	300	300	300
Vegetables	4	4	5	25	100	100	125
Meat or Meat Substitutes	5	6	7	75	375	450	525
Fat	2	3	3	45	90	135	135
					1445	1645	1765
					TOTAL		

*** DRINK AT LEAST 64 OUNCES OF WATER DAILY.**

SAMPLE MEAL PLANS (Based on 1600 calorie diet)

	SAMPLE MEAL A	SAMPLE MEAL B
Breakfast	1 egg 1 1/2 c. Wheaties 1 c. skim milk 1 small banana 1 tsp olive oil	1 T peanut butter 2 slices whole wheat toast 100 calorie yogurt 3/4 c. raspberries
AM snack	1/2 whole grain English muffin 1 c. skim milk	1 c. raw tomato slices 1/4 c. cottage cheese
Lunch	2 oz. white turkey 2 slices whole wheat bread 1 c. mixed green salad 3/4 c. sliced strawberries 2 T light dressing	2 oz. tuna in water 6 saltine crackers 1 c. carrots and celery 2 T raisins 2 T avocado 1 c. skim milk
PM snack	2/3 c. Greek yogurt dip 1 c. mixture of carrots, celery and sugar snap peas	3/4 c. unsweetened cereal 6 almonds 1 c. skim milk
Dinner	3 oz. grilled chicken 2/3 c. pasta, cooked 1 c. California blend veggies, cooked 1 c. melon cubes 1 tsp trans fat free margarine	3 oz. lean pork 1 small baked potato 1 slice bread 1 c. steamed green beans 1/2 c. pineapple 1 tsp. trans fat free margarine

STARCHES

Approximately 80 calories per serving.

1/2 bagel

1/2 pita (6")

1 bread slice

2 bread slices (reduced calorie)

1 Weight Watchers® flour tortilla (6-8")

1 Tamaro's™ tortilla (6-8")

1/2 whole grain English muffin

1/2 hamburger bun (whole grain)

1 roll (small, plain)

1 waffle (whole grain) (reduced fat, 4 1/2" square)

Cereal

3/4 c. unsweetened dry cereal

3/4 c. Cheerios™

3/4 c. All-Bran® Complete® Wheat Flakes

3/4 c. Total™

1/2 c. Shredded Wheat

1/4 c. Grape-Nuts®

1/2 c. cooked cereal

1/3c. pasta, rice, millet or couscous

1/4 c. granola

1 sweet potato (small, baked)

1/2 c. potato (mashed)

1/2 c. peas

1/2 c. corn

1/2 c. beans or legumes (can count as a protein)

1 c. vegetable mix (with corn, peas or pasta)

2/3 c. lentils or lima beans

1 c. winter squash (acorn, butternut)

6 crackers (saltine)

2-5 crackers (whole wheat)

4 Triscuit crackers

3 c. popcorn (nonfat or low-fat, microwave)

2

PROTEIN

Approximately 45-100 calories per serving.

1 oz. turkey or chicken (without the skin)

1 oz. fish seafood or tuna

1 oz. beef (90-95% lean) ham pork lamb game meat

1 oz. cheese (low fat) (less than 3g of fat per ounce)

1 egg (large)

1/4 c. egg substitute

2 egg whites

1 T peanut butter

2 oz. tofu

1/2 c. beans

1/4 c. hummus

2 small sardines

1/4 c. low-fat cottage cheese

6 medium oysters

* TIPS

Bake, roast, grill, poach, steam and broil meats or fish rather than frying.

Use non-stick spray to brown foods.

Trim off visible fat or skin before eating and after cooking.

Aim to eat six ounces of fish per week. Fish high in healthy Omega-3 Fatty Acids include salmon, sardines, tuna and trout.

VEGETABLES

Approximately 25 calories per serving.

MILK/YOGURT

Approximately
100–160 calories per serving.

- 1 c. milk (fat-free, skim)
- 1 c. milk (low-fat 1%)
- 1 c. milk (soy)

- 2/3 c. (6 oz.)
yogurt
(nonfat or low-fat fruit flavored)

- 1 c. buttermilk
(nonfat or low-fat)

1/2 c. *cooked vegetables*

carrots
beets
broccoli
cauliflower
spinach
greens
cabbage
asparagus
green beans
beets
eggplant
green onions
okra
pea pods
summer squash
turnips
water chestnuts

1 c. *raw vegetables*

lettuce
spinach
salad greens
tomato
cucumber
celery
peppers
onions

1/2 c. tomato sauce
(low sodium,
chunky veggie)

4 oz. vegetable juice
(low sodium)

3

FRUITS

Approximately 60 calories per serving.

- 4 oz. unsweetened fruit juice
(100% juice)

- 1 small
banana
apple
pear
orange

- 2 plums
kiwi
tangerines

- 3/4 c. pineapple (fresh)

- 1/2 c. canned fruit (in own juice)

- 1 c. melon (cut)

- 1 1/4 c. watermelon

- 1/2 c. applesauce (unsweetened)

- 4 apricots (fresh)
8 apricot halves (dried)

- 3 dates

- 2 figs (fresh, medium)

- 1 1/2 c. dried figs

- 3/4 c. grapefruit (canned sections)
1/2 c. grapefruit (large)

- 1/2 c. fruit salad (canned)

- 12-15 cherries
grapes

- 3 prunes

- 2T raisins

- 3/4 c. blackberries
blueberries

- 1 c. raspberries

- 1 1/4 c. strawberries (whole)

- 1/2 papaya (1 c. chopped)

- 1/2 c. mango

3b

FATS

Approximately 45 calories per serving.

1 tsp butter
trans fat free margarine
trans fat free oil

2 T Smart Balance®

1 tsp olive oil

2 T light dressing

1 1/2 tsp nut butters (trans fat free)

(unsalted)

6 almonds

6 cashews

4 walnuts

2 Brazil nuts

5 hazelnuts

3 macadamia nuts

10 peanuts

4 pecan halves

16 pistachios

1 T mayo
salad dressing

2 T avocado

4

SNACK IDEAS

Approximately 100-200 calories per serving.

1 slice cheese with
3 small crackers

1/4 c. veggies with hummus

1 hard boiled egg with
3 triscuits

1 low fat string cheese with
2c popcorn

1 small fruit with 1 oz. cheese

1 T natural peanut butter
with celery

1 c. Greek yogurt
(Chobani® or Fage®,
no add-ins)

1 c. milk

1T natural peanut butter with
1 small banana

1 lowfat yogurt
with a piece of fruit

1/2 c. oatmeal with a small fruit
and 1 c. skim milk

1 1/2 c. smoothie made with
lowfat yogurt, fruit and
wheat germ or flax meal

6 oz. Greek yogurt with
a small fruit

1/2 c. high fiber cereal with
1 c. skim milk and a
small fruit

2 T lowfat dip with
2 c. raw vegetables

2 T raisins with 10 peanuts

4 Triscuits® with 1 small orange

1/2 c. skim milk with 4 apricot halves

6 Wasa® Crispbreads with
1/4 c. ricotta cheese

4b