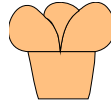


1600 Calorie Diet Plan



Bread/Starch Group

Breakfast	Lunch	Supper	Snack
2	2	3	1



Vegetable Group

Breakfast	Lunch	Supper	Snack
X	X	X	X

1 sl. bread, roll, 1/2 bagel, English muffin, bun, pita, 2 rice cakes, bread sticks, 6 vanilla wafers/animal crackers, gingersnaps, 3 graham crackers, Melba toast, 1/2 c. pasta, rice, 3 c. popped popcorn, Cereals: 3/4 c. Chex/Flakes, 1/4 c. Granola, Muesli, Grapenuts, sherbet, pudding, 1 c. puffed/shredded cereals, 1/2 c. bran, grits, oatmeal, Vegetables: 1/2 c. mixed vegetables, baked beans, lima beans, peas, potato, plantain, winter squash, corn, pumpkin, succotash, 1 1/2 inch cube Angel Food Cake:

High Sodium: 3/4 oz. chips/pretzels, tortilla, muffins, cornbread, biscuits, croutons, baked beans, Soft serve ice cream, soup, popcorn, salted crackers, self rising flour/meal

1/2c. artichoke, bamboo shoots, bean sprouts, beets, asparagus, broccoli, brussel sprouts, green beans, Kohlrabi, leeks, greens, okra, onion, carrots, eggplant, cucumbers, snow peas, pimento, rhubarb, rutabagas, tomato, turnips, 4 water chestnuts, (2 T. ketchup) 6 cherry tomatoes, 1 c.-alfalfa sprouts, cabbage, chicory, endive, escarole, fennel, green pepper, lettuce, mushrooms, radishes, spinach, cauliflower, celery, summer squash/zucchini

High Sodium: sauerkraut, V-8/Tomato Juice, canned tomatoes Products, Pickles, Soups, broth



Fruit Group

Breakfast	Lunch	Supper	Snack
1	1	1	1

1/2 c. applesauce, apricots, papaya, fruit cocktail, mango, pineapple, peaches, pears, plums, grapes, 1 small-kiwi, apple, banana, orange, peach, nectarine, 4 fresh apricots, 3/4 c. mandarin oranges, black/blueberries, grapefruit, pineapple, 2 tangerines, figs, plums, dates; 1 1/2 c.-strawberries, melons, raspberries, 3 kumquats, Fruit Juices: 1/2 c. apple, cider, grapefruit, orange, prune, pineapple, 1/3 c. grape, cranberry, fruit juice blends, 1 c. Reduced Calorie cranberry cocktail, 1/4 c. Nectar, 2 T. Raisins

Milk Group

Breakfast	Lunch	Supper	Snack
1	1/2	0	1

1 c. Skim/1/2 %/1%/Nonfat/LowFat Buttermilk, light soymilk, 1/3 c. Drynonfat milk, 1/2 c. Evaporated skim milk, 3/4 c. plain nonfat yogurt/plain low fat yogurt

High Sodium: Buttermilk made from whole milk



Fat Group

Breakfast	Lunch	Supper	Snack
1	1	1	0

Unsaturated-Good-1t. Margarine, Mayo, Oil-(canola, corn, olive, soybean, safflower, peanut, sunflower), 2t. Low Calorie mayonnaise/diet margarine, 6 hickory/cashews, 10 almonds/peanuts, 5 pecan halves, 2 brazil, 3 macadamia/pistachio, 4 walnuts, 2 T. avocado

High Sodium: 2t. Tartar Sauce, 2 1/2 T. Low Calorie Dressing, 1 T. Salad Dressing;

Saturated-Bad-1 t.- butter/solid shortening, 2 T. coconut, chitterlings, 1T. cream cheese, sour cream/coffee creamer, 1 sl. bacon