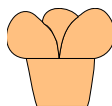


2000 Calorie Diet Plan



Bread/Starch Group

Breakfast	Lunch	Supper	Snack
3	3	3	1



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, Grape-nuts, 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



Fruit Group

Breakfast	Lunch	Supper	Snack
1	2	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



Vegetable Group

Breakfast	Lunch	Supper	Snack
X	X	X	X

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



Meat Group

Breakfast	Lunch	Supper	Snack
1	3 oz	3 oz	0

1 oz. or as stated-Broil, Boil, Bake, Roast, Stew, Grill, Stir-Fry-Fish, Veal, Chicken (remove skin), Venison, Buffalo, Duck, Cornish Hen, Shellfish, Goose, Lamb, Rabbit, Fresh Pork, Turkey, 2 Egg Whites, 1/2 c. dried peas, beans, lentils, Tofu, Soy Protein, Beef-trim fat sirloin, round, flank, tenderloin, roast, Steaks-T-Bone, porterhouse, cubed, ground round
High Sodium: Cured/salted/smoked/canned/marinated meats, fish, poultry, corned beef, parmesan cheese, luncheon meats, hotdogs, sausage, cured ham, sardines, peanut butter, anchovies, creamed sauces, gravies, chili sauce, rock salt, Kosher salt, Sea Salt, MSG, Accent, Worcestershire Sauce, Soy/BBQ Sauce, Teriyaki sauce, mustard, salt, canned vegetables/vegetable juices, softened water

Fat Group

Breakfast	Lunch	Supper	Snack
1	1	1	1

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