

Breakfast: Lunch: Supper: Snack:

Soups: Low fat soups made with Skim Milk

Breakfast: Lunch: Supper: Snack:

Desserts: Popsicles, Fruit Ices, Sorbet, Flavored Gelatin, Sugar, Syrup, Honey, Jelly, Hard Candy, Jelly Beans, Gum Drops, vinegar, Molasses, plain sugar candies, chewing gum, marshmallows, fruit whips, puddings, and custards made with egg whites and allowed fat and skim milk, Angel food cake, arrowroot cookies, vanilla wafers, sponge cake, sherbet, water ice, gingersnaps, low fat or no fat cookies

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Miscellaneous: Herbs and spices without salt or MSG, cocoa powder, vinegar

Food	Mg	Cholesterol
1 c. Skim Milk /Whole Milk	5	34
1/2 c. Ice Cream/ Sherbet	27	3
1 T. Butter/ Margarine	35	0
3 oz. Brains/Heart	>2,000	274
3 oz. Kidney/ Chicken Livers	804	746

2000 Calorie

Suggestions/Talk with your MD:

- *Exercise-* 15 Minutes Daily & Healthy Food Fitness Factor
- *Avoid-* Fried Foods, Sweets, Desserts, & Colas
- *Avoid-* Saturated Fats& Cholesterol-300 mg./day
- *Avoid High Sodium Foods-*maintain adequate Calcium, Magnesium, Potassium for blood pressure- check monthly if high and otherwise quarterly
- *High Fiber-*Talk with MD or RD for direction *High Fiber* = Whole Grains, Field Peas, Corn, Melon
- *Limit-* Intake of alcohol, talk with MD
- *Avoid-* sweets if overweight, diabetic, limit fats

Calorie Meal Plans:

	1500	1800	2000
Starch/Bread	8	9	10
Fat	3	4	4
Fruits	3	5	5
Milk	2	2 ½	2 ½
Vegetables	5+	6+	6+
Meats /Substitute	5	6	7

Sample 1500 Calorie Diet Plan:

Breakfast	Lunch/Supper
1/2 c. Oatmeal	1/2c. Corn or Peas
1 slice WW Toast	1/2 Roll/1/2 t. Marg
1 c. Fruit	1 Apple or Orange
1 c. Skim Milk	1/2 c. Skim Milk
	2 oz. Meat-Baked
	1 large Salad/FF Dressing
Snack: 1 c. Skim Milk & 6 Vanilla Wafers	

Diabetic Plan

2000 Calorie Meal Plan

Patient: _____

Healthy Meal Plan:

1. Eat 6 small Meals a day
2. Avoid Sweets if Overweight/Diabetic
3. Limit High Sodium & High Fat Foods
4. Increase Physical Activity 20-30 minutes a day

MD _____

RD _____

Nurse _____

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Breakfast: Lunch: Supper: Snack:

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Fruit Group: *Fresh Fruit is Best*

- **1/2 c.** Apple, Fruit Cocktail, Applesauce, Apricots, Cherries, Mango, Pears, Peaches, Papaya, Pineapple, Plums, Grapes
- **1 small**-Apple, Banana, Kiwi, Orange, Nectarine, Peach
- **3/4 cup** Blackberries, Blueberries, Grape-fruit, Mandarin Oranges, Pineapple
- **1 c.**-Cantaloupe, Honeydew, Raspberries, 1 1/2 c. Strawberries, Watermelon,
- **2 small** Tangerines, Plums, Figs
- **3** Kumquats, Always Choose Fresh Fruit Juices
- **1/2c.** Apple, Cider, Grapefruit, Orange, Prune, Pineapple
- **1/3 c.** Grape, Cranberry, Fruit Juice Blends, **1 c.** Reduced Calorie Cranberry Juice Cocktail
- **1/4c.** Nectar

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Milk Group: 1 c. Skim, <1% milk fat, nonfat, low fat yogurt, low fat cottage cheese-1% fat, low fat or skim milk cheeses <5 gm. Fat per oz. puddings made with low fat milk **Avoid:** Whole, 2% Milk, ice cream, half and half, eggnog, condensed milk, cheeses with >5 gm/fat, chocolate milk, evaporated milk, cream

Breakfast: Lunch: Supper: Snack:

3 **3** **3** **1**

Bread or Starch Group; 1 slice white, wheat, rye, pumpernickel, French, Italian breads, rolls, English muffin, bagels, 3/4c. cooked or ready to eat cereals without coconut, 1/2c.pasta, rice, barley, noodles, oatmeal, potatoes, lima beans, peas, succotash, plantain, pumpkin, 2 Rice Cakes, 1/3 c. sweet potatoes, 1/3 c. corn, 1 Tortilla, 6 Vanilla Wafers, 3 Graham Crackers, Gingersnaps, 8 Animal Crackers, 3/4 oz. Matzo, 1 Frozen Yogurt Stick, 2 Ladyfingers, 1/2 c. Gelatin, Vanilla Yogurt **Avoid:** Sauces, gravies, cheeses, foods made with whole eggs, doughnuts, croissants, high fat cookies, crackers, pancakes, chips, waffles, sweet rolls, snack foods, pancakes, muffins, popovers, waffles, French toast, chow mein noodles, granola- type cereals, fried potatoes, pastries, pies

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Fat Group: Unsaturated-Good-Vegetable Oils- safflower, corn, cottonseed, canola, peanut, olive, cottonseed, sunflower, soybean, Margarine-made with oils allowed, liquid oil as the first ingredients, salad dressings-made from allowed oils and liquid oil as first ingredient. **Avoid:** palm or coconut oil, hydrogenated shortening, lard, bacon, butter, avocado, cream cheese

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2 **2** **2** **1**

Vegetables: 1/2c. artichoke, bamboo shoots, asparagus, bean sprouts, beets, broccoli, brussel sprouts, green beans, Kohlrabi, leeks, greens, okra, onion, carrots, cucumbers, egg- plant, snow peas, pimento, rhubarb, tomato, rutabagas, turnips, 4 water chestnuts, cabbage, (2T.ketchup, 6 cherry tomatoes, 1 c.-alfalfa sprouts, chicory, endive, escarole, fennel, green pepper, lettuce, mushrooms, parsley, spinach, radishes, spinach, watercress, celery, summer squash, cauliflower, zucchini-any fresh, frozen or canned **Avoid:** canned tomato products

Breakfast: Lunch: Supper: Snack:

1 Egg **3 oz.** **3 oz.** **0**

Meats: 1 oz. or as stated-Broil, Boil, Bake, Roast, Stew, Grill, Stir-Fry-Fish, Chicken (remove skin), Venison, Shellfish, wild game, egg whites, egg substitute, dried peas & beans, tofu, nuts, seeds, -ALL LEAN MEATS-Beef, Pork, Creamed Cottage Cheese, 3 eggs per week **Avoid:** Fried Foods, fatty meats, cheese, sausage, frankfurters, hotdogs, duck, goose, luncheon meats, oil-packed fish, stuffed poultry, bacon, poultry skin, oil-packed fish, cream cheese, high fat cheeses, Vienna sausage