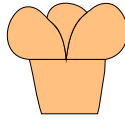


2000 Calorie Diet Plan Patient: _____

Bread or 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: Fresh Fruit is Best!!!

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; **High Sodium:**

All Dried Fruits-raisins, currants, apricots

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 lowfat yogurt **High Sodium: Buttermilk made from whole milk**

Healthy Meal Plan: 3 Meals a Day, Bedtime Snack, AVOID SWEETS, Limit High Fat/High Sodium Foods,

Used for Diabetes/Weight Reduction

Vegetable Group: Eat ALL You Want!!!

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, rutubugas, 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 brazel, 3 macadamia/pistachio, 4 walnuts, 2 T. avocado, **High Sodium: 2t. Tarter 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**

© 2004 Food Fitness First, Inc.
www.foodfitnessfirst.com