

Meat Group: 1 oz. or as stated-Beef-lean-fat trimmed-round, sirloin, flank, tenderloin,roast, steak-T-bone, porterhouse, cubed, ground round
 Beef-Prime Rib, prime grades trim fat, meat loaf, ground beef, short ribs, cheeses <5 gm Fat
 Lamb-Rib Roast, ground, Pork- top loin, boston butt, cutlet, spareribs, Turkey/Chicken-ground, Veal-cutlet-ground, cubed, unbreaded, 1 Egg,
High Sodium- Sausage<5 gm Fat, Cheese-cheddar, swiss-7 gm.Fat, ground pork, sausage, Bologna, salami, processed luncheon meats, Sausage-polish, bratwurst, italian, knockwurst, Fried Foods, dark meat with skin, corned beef, hotdogs-chicken or turkey, bacon-3 slices,
Hotdogs-beef, pork, combination=1 High Fat meat and 1 Fat, 2 T. Peanut Butter = 1 high fat meat and 2 fats

Free Vegetables: Alfalfa Sprouts, Cabbage, Chicory, Cauliflower, Celery, Endive, Escarole, Fennel, Green Peppers, Lettuce, Mushrooms, Parsley, Radishes, Spinach, Summer Squash, Watercress, Zucchini *(May use with a Low Calorie Fat Free Salad Dressing.)*

Suggestions/Talk with your MD:

- #Exercise 20-30 Minutes Per Day after 2 weeks use weights
- #Avoid Fried Foods, Sweets and Colas
- #1 Day Per Week May Have 1 Fried Food Per Week above 1800 Calories/Day
- #Encourage High Fiber Foods as Whole Grains, Potatoes with skin, Brown Rice, Fresh Fruits & Vegetables
- #Drink plenty of fluids-Water, Diet Colas, unsweet beverages
- #When Hungry eat vegetables or a large lettuce/vegetable salad with low calorie fat free dressing

Calorie Meal Plans for the Day:

	1500	1800	2000	2200
Starch/Bread	6	7	8	13
Fruits	4	4	4	4
Milk, Skim	3	3	3	2
Vegetables	5+	6+	6+	8+
Meats/Substitute	4	6	6	6
Fat	3	3	3	6

Sample of 1500 Calorie Diet Plan:

Breakfast:	Lunch and Supper:
1/2 c.Oatmeal	1/2c. Corn or Peas
1 sl.WW Toast	1 Roll/Starch/1t.Marg
1/2c. Fruit	1 Apple or Orange
1c. Skim Milk	1/2c. Skim Milk
1 t. Marg.	2 oz. Meat-Baked, Broiled
	1 large Salad/1T. FF Dressing
Snack:: 1c SkimMilk & 1 Fruit/1 Vegetable	

1500 Calorie Diet Plan

Patient: _____

Healthy Meal Plan:

1-Eat 3 Meals a Day.

2-Do Not Skip Meals!

3-Avoid Sweets

4-Limit High Sodium & High Fat Foods

5-Used for Diabetics or Weight Reduction

6-X = Eat all You Want!

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Breakfast:	Lunch:	Supper:	Snack:
<u>1</u>	<u>1</u>	<u>1</u>	<u>0</u>

Fruit Group: *Fresh Fruit is Best* 1/2c. Apple-sauce, Apricots, Cherries, Mango, Peaches, Fruit Cocktail, Pears, Papaya, Pineapple, Plums, Grapes, 1 small-Apple, Banana, Kiwi, Orange, Nectarine, Peach, Fresh Apricots, 3/4 cup Blackberries, Blueberries, Grapefruit, Mandarin Oranges, Pineapple 1c.-Cantaloupe, Honeydew, Raspberries, 1 1/2c.-Strawberries, Watermelon, 2 small Tangerines, Plums, Figs, Dates, 3 Kumquats, Fruit Juices: 1/2c. Apple, Cider, Grapefruit, Orange, Prune, Pineapple, 1/3c. Grape, Cranberry, Fruit Juice Blends, 1c. reduced calorie Cranberry Juice Cocktail, 1/4c Nectar **High Sodium**-Dried- 4 Apple Rings, 8 Apricot Halves, 2 T. Raisins, 1T. Currants

Breakfast:	Lunch:	Supper:	Snack:
<u>1cup</u>	<u>0</u>	<u>0</u>	<u>1c.</u>

Milk Group: 1c. Skim, 1/2 %, 1%, Nonfat or Low-Fat Buttermilk, light soymilk, ALba 66/77, Vegelicious, 1/2c. Evaporated Skim milk, 1/3c. Dry nonfat milk, 3/4c. plain nonfat yogurt, 1 c.Lowfat milk, Sweet Acidophilus, 3/4c.plain lowfat yogurt, 1c.Whole milk, Goat's, Kefir, 1/2c. Evaporated Whole Milk, **Buttermilk made from whole milk- Red=High Sodium**

Breakfast:	Lunch:	Supper:	Snack:
<u>2</u>	<u>2</u>	<u>3</u>	<u>1</u>

Bread or Starch Group: 1 slice Bread, Roll, 1/2 Bagel, English Muffin, Bun, Pita, 2 Rice Cakes, 2 Holland Rusk, Bread Sticks, 6 Vanilla Wafers, crackers, animal, WW, gingersnaps, 3 Graham Crax, Melba toast, 3c.popped popcorn, Matzoh, Cornstarch, Dry tapioca, Miso Cereals: 1/2 c. Bran, 3/4 c. Chex, Flakes, 1c.Puffed Cereals, Shredded Cereals, 1/4c. Granola, Grape-Nuts, Muesli, Sherbet, pudding, 1/2c. Grits, Oatmeal, Pasta, Corn, Peas, rice, mixed vegetables, plantain, limabeans, potato, winter squash, pumpkin, jello, succotash, 1 1/2 inch cube Angel Food Cake-**Whole Grain is always a better choice!**
High Sodium- crackers, 3/4 oz. pretzels, chips, tortilla, muffins, cornbread, biscuits, pancakes, waffles, croutons, flour, meal, baked beans, soft serve ice cream, salted popcorn

Breakfast:	Lunch:	Supper:	Snack:
<u>1</u>	<u>1</u>	<u>1</u>	<u>0</u>

Fat Group:Unsaturated-Good-1 t. -Margarine, Mayonnaise, Oil- (canola, corn, olive, peanut, safflower, soybean, sunflower), 10 almonds, peanuts, Halves- 4 Walnut, 5 Pecan, 6 Hickory, Hazel, 2 brazel, 6 cashews 3 macadamia, pistachio, diet margarine, 2 T. avocado, 2 t.Tartar Sauce, 1 1/2 T. Salad Dressing, 2 t. Low Calorie Dressing
Saturated-Bad- 1 t.-Butter, Solid Shortening, 2 T. Coconut, chitterlings, 1 T.cream cheese, sour cream, coffee creamer, 4 olives, 1 sl. bacon-**Red=High Sodium**

Breakfast:	Lunch:	Supper:	Snack:
<u>X</u>	<u>X</u>	<u>X</u>	<u>X</u>

Vegetable Group: 1/2c. artichoke, greens, asparagus, bamboo shoots,bean sprouts, okra, beets, beets, broccoli, brussel sprouts, leeks, green beans, Kohlrabi, onion, carrots, cucumbers, eggplant, snow peas, pimento, rhubarb, rutubugas, tomato, turnips, 4 water chestnuts, 6 cherry tomatoes, 1 cup-alfalfa sprouts, cabbage, chicory, endive, escarole, fennel, green pepper, lettuce, mushrooms, parsley, radishes, spinach, watercress, cauliflower, celery, summer squash, zucchini, **High Sodium-sauerkraut, tomato based products- ketchup, sauce, paste, spaghetti sauce**

Breakfast:	Lunch:	Supper:	Snack:
<u>1</u>	<u>2 oz.</u>	<u>2 oz.</u>	<u>0</u>

Meat Group:1 oz. or as stated-Broil, Boil, Bake, Roast, Stew, Grill, Stir-Fry-Chicken (no skin), Venison, Fish, Duck, Buffalo, Cornish Hen, shellfish, Lamb, Rabbit, Pork, Veal, Turkey, 1/2 c.Tofu, Soy protein, 2 Egg Whites, 1/2c. peas, lentils, 1/2c.lentils, peas, beans, 2 T. **Parmesan, Cheeses <3 gmFat, 1/4 c. 4.5% Fat Cottage Cheese, Goose, Canadian bacon, 1 1/2 oz. Hotdog, Processed Luncheon Meats <3 gm.Fat, canned fish, Sausage < 1 gm. Fat**