

Courtesy of
Genesys Health System

STARCH

1/2 cup Bran Cereal
3/4 cup Cold Cereal
1/2 cup Hot Cereal, Pasta, Corn, Croutons
1/3 cup Rice, Baked Beans
1 cup Squash
1/2 Hotdog/Hamburg Bun, English Muffin, Pita
1 slice Bread
3 Graham Crackers
6 Saltines
1 Muffin*, Biscuit*
10 French Fries*
2" x 2" Cornbread**
2 - 4" Pancakes*
2 Small Taco Shells*, 1 Large Soft Tortilla
2 - 2" Cookies*
1 Toaster Waffle*
1 cup Soup
1/2 cup Ice Cream*
1 Plain Cupcake*
1/2 cup Potatoes, Sweet Potatoes, Peas
*Counts as 1 Starch & 1 Fat

MEAT

1/4 cup Ground Meat, Grated Cheese, Cottage Cheese
1 oz. Ham, Turkey, Beef, Chicken, Veal, Pork, Sausage
1 Tbsp. Peanut Butter
1/2 cup Casserole**
(Ravioli, Mac 'n Cheese, Chili)
1 small piece Pizza**

**Counts as 1 Meat and 1 Starch

VEGETABLE

1/2 cup Vegetable or Tomato Juice
1 cup Raw Vegetables
1/2 cup Cooked Vegetables

FRUIT

1/2 cup Fruit Pieces – unsweetened
1/2 cup Fruit Juice
1 1/4 cup Fresh Strawberries
1/3 cup Prune or Cranberry Juice
1 Fresh Fruit (apple, peach, pear)
1 cup Melon
1 Small Banana
2 Tbsp. Dry Fruit
3/4 cup Fresh Pineapple

MILK

8 oz. Milk, Low Fat
8 oz. Plain Yogurt
1/3 cup Powdered Milk
8 oz. 'Sugar-free' Cocoa

FAT

1 tsp. Margarine, Butter, Oil
1 Tbsp. 'Lite' Mayonnaise, Dressing, Cream Cheese
5 Olives
2 Tbsp. Whipped Cream, Sour Cream
1 Tbsp. Nuts, Seeds

TO COMPLEMENT YOUR MEALS . . .

'Low Sugar' Jam
Catsup, Mustard
Lettuce, 'Oil-free' Dressing
Diet Gelatin, Diet Pop
Coffees, Teas
1 Tbsp. 'Lite' Syrup
Taco Sauce
Salsa

1200 ADA with milk

	Breads	MF Meats	Vegetable	Fruit	Milk	Fat
Breakfast	1	1	0	1	1	1
Lunch	2	2	1	1	0	1
Dinner	1	2	1	1	0	1
HS Snack	1	0	0	0	0	–

Menu

Breakfast

3/4 cup Corn Flakes
8 oz. 1% Milk
1 small or 1/2 large Banana
1 Egg

Lunch

2 slices Bread
1 oz. Cheese
1 oz. Turkey
1 Tbsp. 'lite' Mayonnaise
1 cup Carrot Sticks
1 small Apple

Supper

2 oz. Pork Chop braised w/ 1/2 cup
unsweetened Cinnamon Applesauce
1/2 cup Green Beans
1 Roll
1 tsp. Margarine

SNACK: 6 Saltine Crackers

1200 ADA without milk

	Breads	MF Meats	Vegetable	Fruit	Milk	Fat
Breakfast	2	1	0	1	0	0
Lunch	1	2	1	1	0	1
Dinner	2	2	1	1	0	1
HS Snack	1	1	0	0	0	1

Menu

Breakfast

1 English Muffin
1 tsp. low-sugar Jelly
1/4 cup Egg Substitute, plain
1/2 cup Orange Juice

Lunch

1 slice Bread
1 oz. Turkey Breast
1 oz. Cheese
1 Tbsp. 'lite' Mayonnaise
1 cup Carrot Sticks
1/2 cup Fruit Cocktail

Supper

2 oz. Grilled Chicken w/Gravy
1/2 cup mashed Potatoes
1/4 cup Strawberries
1 Dinner Roll
1/2 cup Green Beans
1 tsp. Margarine

SNACK: 1/4 cup Tuna, 1 slice Bread, 1 Tbsp. reduced-fat Mayonnaise