

Courtesy of Geneys 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, plain*
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

1500 ADA with milk

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

Menu

Breakfast

2 - 4" Pancakes
 1 Tbsp. 'lite' Syrup
 3/4 cup cold Cereal
 8 oz. 1% Milk
 1/2 cup Fruit pieces
 1 oz. Sausage
 1 tsp. Margarine

Lunch

2 small Taco Shells
 1 oz. Cheese
 2 Tbsp. reduced-fat Sour Cream
 1 tsp. Salsa
 1/4 cup Ground Hamburger
 1 cup Soup
 1/2 cup Green Beans
 1/2 cup Pineapple
 1/2 Banana

Supper

2 oz. Meatloaf
 1 Roll
 2 tsp. Margarine
 1/2 cup Mashed Potatoes w/Gravy
 1/2 cup Carrots
 1/2 cup Pears

SNACK: 3 Graham Crackers, 1/2 cup Apple Juice

1500 ADA without milk

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

Menu

Breakfast

2 reduced-fat Waffles
 2 Tbsp. sugar-free Syrup
 1/2 Banana
 1/2 cup Orange Juice
 1 Egg
 1 tsp. Margarine

Lunch

2 slices Bread
 1 Tbsp. lite Mayonnaise
 2 oz. Tuna Fish
 1 cup Carrot Sticks
 1 cup Cantaloupe

Supper

2 oz. Roasted Turkey
 1/3 cup Stuffing
 1/2 cup Mashed Potatoes
 w/reduced-fat Gravy
 1/2 cup Green Beans
 1/2 cup canned Peaches

SNACK: 1/4 cup Cottage Cheese, 1/2 cup Peaches, 1/2 Bagel, 1 tsp. Margarine