

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, Bagel
1 slice Bread
3 Graham Crackers
6 Crackers*
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
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

1800 ADA with milk

	Breads	MF Meats	Vegetable	Fruit	Milk	Fat
Breakfast	2	1	0	1	1	0
Lunch	3	2	2	1	0	2
Dinner	3	2	2	1	1	2
HS Snack	1	1	0	1	0	1

Menu

Breakfast

3/4 cup unsweetened cereal
 8 oz. 1% milk
 1/2 bagel
 1 Tbsp. fat-free cream cheese
 1 oz. sausage (<5g fat)
 1/2 cup pineapple juice

Lunch

2 slices bread
 2 oz. shaved turkey
 Mustard
 3/4 oz. pretzels
 3.4 cup blueberries
 1 small muffin
 1/2 cup raw broccoli
 2 Tbsp. reduced-fat dressing

Supper

1 cup noodles
 2 oz. beef cubes w/ Au Jus
 1/2 cup sauteed mushrooms
 1 roll
 1 tsp. margarine
 1 1/4 cup watermelon
 8 oz. 1% milk

SNACK: 1 slice bread, 1 oz. ham, 1 small apple, unpeeled

1800 ADA without milk

	Breads	MF Meats	Vegetable	Fruit	Milk	Fat
Breakfast	2	2	0	2	0	0
Lunch	3	2	2	1	0	1
Dinner	3	2	2	1	0	2
HS Snack	1	1	0	1	0	1

Menu

Breakfast

2-4 1/2" reduced fat waffles
 2 Tbsp. 'Lite' syrup
 1/2 cup egg substitute, plain
 1 banana

Lunch

1/2 cup lentil soup
 2 slices bread
 2 oz. sliced turkey
 1 cup sliced cucumbers
 2 Tbsp. reduced fat salad dressing
 4 apricots, fresh

Supper

2 oz. barbecued chicken
 1/3 cup rice
 2 rolls
 2 tsp. margarine
 1/2 cup green beans
 1/2 cup cooked carrots
 1 small nectarine

SNACK: 1 oz. melted, shredded cheese, 1 slice bread, 5 vanilla wafers