

# 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, Sweet Potatoes, Baked Beans, Peas  
1 cup Squash  
1/2 Hotdog/Hamburg Bun, English Muffin, Pita, Bagel  
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, 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

## 2000 ADA with milk

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	Breads	MF Meats	Vegetable	Fruit	Milk	Fat
<b>Breakfast</b>	3	2	0	1	1	1
<b>Lunch</b>	4	2	1	1	0	2
<b>Dinner</b>	3	2	1	1	1	2
<b>HS Snack</b>	1	1	0	1	0	1

### Menu

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#### Breakfast

1 Bagel  
 2 Tbsp. reduced fat Cream Cheese  
 3/4 cup cold Cereal  
 8 oz. 1% Milk  
 1 small Orange  
 2 Eggs

#### Lunch

1 cup Spaghetti  
 1/2 cup Spaghetti Sauce w/Meat  
 2 Tbsp. Parmesan Cheese  
 1/2 cup diet Chocolate Pudding  
 1/2 cup Green Beans  
 1/2 cup canned Pears  
 1 slice Bread  
 2 tsp. Margarine

#### Supper

1 cup Tuna Noodle Casserole  
 1 Biscuit  
 1 tsp. Margarine  
 1 cup Broccoli/Cauliflower - raw  
 17 Grapes  
 8 oz. 1% Milk

**SNACK:** 6 Saltine Crackers, 1 tsp. Margarine, 1 oz. Cheese, 1 small Apple

## 2000 ADA without milk

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	Breads	MF Meats	Vegetable	Fruit	Milk	Fat
<b>Breakfast</b>	3	2	0	2	0	1
<b>Lunch</b>	3	2	1	1	0	1
<b>Dinner</b>	4	2	1	1	0	2
<b>HS Snack</b>	2	1	0	1	0	1

### Menu

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#### Breakfast

1 cup Shredded Wheat  
 1/2 English Muffin  
 2 tsp. light Jelly  
 1 Banana whole, Large  
 2 Eggs  
 1 tsp. Margarine

#### Lunch

1 Grilled Cheese Sandwich w/2 oz. Cheese  
 1/2 cup Cole Slaw  
 1/2 cup unsweetened Applesauce  
 5 Vanilla Wafers

#### Supper

Large Baked Potato  
 3 Tbsp. reduced fat Sour Cream  
 2 Dinner Rolls  
 1 tsp. Margarine  
 2 oz. Meatloaf  
 1/2 cup Mixed Vegetables  
 1 small Nectarine

**SNACK:** Turkey Sandwich with lite Mayonnaise, 1 small Apple