

Daily Meal Plan/1500 Calories

Carbohydrate: 179 g 48% of total calories
 Protein: 79 g 20% of total calories
 Fat: 50 g 32% of total calories

These two menus show some of the ways the exchange lists can be used to add variety to your meals.
 Use the exchange lists to plan your own menus.

Breakfast

2 Starch/Bread (List 1)
 1 slice whole wheat toast
 1 Fruit (List 4)
 1 Milk (List 5)
 1 Fat (List 6)

Sample Menu 1

½ cup bran flakes cereal
 ½ banana
 8 oz skim or 1 % milk
 1 tsp margarine

Sample Menu 2

1 bagel (whole wheat or pumpernickel)
 ¾ cup mandarin oranges, drained and mixed with
 1 cup lemon nonfat yogurt
 1 Tbsp. cream cheese

Lunch

2 Starch/Bread (List 1)
 2 Meat (List 2)
 0-1 Vegetable (List 3)
 1 Fruit (List 4)
 1 Fat (List 6)

2 slices whole wheat bread
 2 oz sliced lean ham
 Carrot sticks, radishes*
 1 apple
 1 Tbsp reduced-calorie
 mayonnaise
 OR 1 tsp margarine

2 slices rye bread
 2 oz sliced turkey
 Sliced tomato, lettuce on sandwich*
 1 ¼ cups watermelon
 1 Tbsp reduced-calorie mayonnaise

Dinner

2 Starch/Bread (List 1)
 3 Meat (List 2)
 1 Vegetable (List 3)
 1 Fruit (List 4)
 2 Fat (List 6)

1 small dinner roll
 1/3 cup brown rice
 3 oz baked chicken
 ½ cup cooked broccoli
 1 cup raspberries
 1 tsp margarine
 1 Tbsp regular salad dressing
 Green Salad*

1 small dinner roll or tortilla
 ½ cup corn or malanga
 3 Oz flank steak, broiled or grilled
 ½ cup green beans
 1 cup cantaloupe/honeydew melon salad
 1 tsp margarine for corn
 1 Tbsp slivered almonds for green beans

Evening Snack

1 Starch/Bread (List 1)
 1 Milk (List 5)

3 cups hot air popcorn
 8 oz sugar-free hot cocoa

1 oz (1 ½ cups) puffed wheat or rice cereal
 8 oz skim or 1 % milk

*From List 7 – Free Foods

Key: oz =ounce
 Tbsp = tablespoon
 tsp = teaspoon

Individualized Menu

Calories:
 Carbohydrate:
 Protein:
 Fat:

Breakfast

Time:

Lunch

Time:

Dinner

Time:

Evening Snack

Time:

Daily Meal Plan/1800 Calories

Carbohydrate: 224 g 50% of total calories
 Protein: 90 g 20% of total calories
 Fat: 60 g 30% of total calories

These two menus show some of the ways the exchange lists can be used to add variety to your meals.

Use the exchange lists to plan your own menus.

Breakfast

2 Starch/Bread (List 1)

1 Fruit (List 4)

1 Milk (List 5)

1 Fat (List 6)

Sample Menu 1

½ cup brand flakes cereal

1 slice whole wheat toast

½ banana

8 oz skim or 1 % milk

1 tsp margarine

Sample Menu 2

bagel (whole wheat or pumpernickel)

¾ cup mandarin oranges, drained and mixed with

1 cup lemon nonfat yogurt

1 Tbsp cream cheese

Lunch

2 Starch/Bread (List 1)

3 Meat (List 2)

0-2 Vegetable (List 3)

1 Fruit (List 4)

1 Fat (List 6)

2 slices whole wheat bread

3 oz sliced lean ham

Carrot sticks, radishes*

1 apple

1 Tbsp reduced-calorie
mayonnaise

OR 1 tsp margarine

2 slices rye bread

3 oz sliced turkey

Sliced tomato, lettuce on sandwich*

1 ¼ cups watermelon

Dinner

3 Starch/Bread (List 1)

3 Meat (List 2)

2 Vegetable (List 3)

1 Fruit (List 3)

2 Fat (List 6)

1 small dinner roll

2/3 cup brown rice

3 oz baked chicken

1 cup cooked broccoli

1 cup raspberries

1 tsp margarine

1 Tbsp regular salad dressing

Green salad*

1 small dinner roll or tortilla

½ cup corn or malanga

3 oz flank steak, broiled or grilled

1 cup green beans

1 cup cantaloupe/honeydew melon salad

2 tsp margarine for corn

Evening Snack

1 Starch/Bread (List 1)

1 Fruit (List 4)

1 Milk (List 5)

*From List 7 – Free Foods

3 graham cracker squares

1 small peach or pear

8 oz sugar-free hot cocoa

1 oz (1 ½ cups) puffed wheat or rice cereal

½ banana

8 oz skim or 1 % milk

Individualized Menu

Calories:
 Carbohydrate:
 Protein:
 Fat:

Breakfast

Time:

Lunch

Time:

Dinner

Time:

Evening Snack

Time:

Daily Meal Plan/1200 Calories

(Diets with fewer than 1200 calories/day may not fulfill nutritional needs.)

Carbohydrate: 149 g 49% of total calories

Protein: 61 g 20% of total calories

Fat: 42 g 31% of total calories

These two menus show some of the ways the exchange lists can be used to add variety to your meals.

Use the exchange lists to plan your own menus.

Breakfast

1 Starch/Bread (List 1)

1 Fruit (List 4)

1 Milk (List 5)

Sample Menu 1

½ cup bran flakes cereal

½ banana

8 oz skim or 1% milk

Sample Menu 2

½ bagel (whole wheat or pumpernickel)

¾ cup mandarin oranges, drained and mixed with

1 cup lemon nonfat yogurt

Lunch

1 Starch/Bread (List 1)

2 Meat (List 2)

0-1 Vegetable (List 3)

1 Fruit (List 4)

1 Fat (List 6)

1 slice whole wheat bread

2 oz sliced lean ham

Carrot sticks, radishes*

1 apple

1 Tbsp reduced-calorie
mayonnaise

OR 1 tsp margarine

1 slice rye bread

2 oz sliced turkey

Sliced tomato, lettuce on sandwich*

1 ¼ cups watermelon

1 Tbsp reduced-calorie mayonnaise

Dinner

2 Starch/Bread (List 1)

2 Meat (List 2)

1 Vegetable (List 3)

1 Fruit (List 4)

2 Fat (List 6)

1 small dinner roll

1/3 cup brown rice

2 oz baked chicken

½ cup cooked broccoli

1 cup raspberries

1 tsp margarine

1 Tbsp regular salad dressing

Green salad*

1 small dinner roll or tortilla

½ cup corn or malanga

2 oz flank steak, broiled or grilled

½ cup green beans

1 cup cantaloupe/honeydew melon salad

1 tsp margarine for corn

1 Tbsp slivered almonds for green beans

Evening Snack

1 Starch/Bread (List 1)

1 Milk (List 5)

3 cups hot air popcorn

8 oz sugar-free hot cocoa

1 oz (1 ½ cups) puffed wheat or rice cereal

8 oz skim or 1% milk

Individualized Menu

Calories:

Carbohydrate:

Protein

Fat:

Breakfast

Time:

Lunch

Time:

Dinner

Time:

Evening Snack

Time:

*From List 7 – Free Foods