

These are the Suggestion only!!!

You can use any of the ingredients below or crate your own combinations as long as you are less than 1200 calories a day.

Daily Meal Plan-1200 calories

Carbohydrate: 149 g 49% of total calories
Protein: 61 g 20% of total calories
Fat: 42 g 31% of total calories

These 2 menus show some of the ways the exchange lists can be used to add variety to your meals.

Use the exchange list to plan your own menus.

<u>Breakfast</u>	<u>Sample menu 1</u>	<u>Sample menu 2</u>
1 Starch/Bread (list 1)	½ cap bran flakes cereal	½ bagel (whole wheat or pumpernickel)
1 Fruit (List 4)	½ banana	¾ cup mandarin oranges, drained and mixed
1 milk (List 5)	8 oz skin or 1% milk	with 1 cup lemon non fat yogurt

Lunch

1 starch/Bread (List 1)	1 slice whole wheat bread	1 slice rye bread
2 Meat (List 2)	2 oz lean ham	2 oz turkey breast
0-1 Vegetable (List 3)	Carrot sticks and radishes	Sliced tomato, lettuce on sandwich
1 Fruit (List 4)	1 apple	2 fresh plums
1 Fat (List 6)	1 Tbsp reduced-calorie Mayonnaise or 1 tsp margarine	1 Tbsp reduced-calorie mayonnaise

Dinner

2 Starch/Bread (List 1)	1 small dinner roll 1/3 cup brown rice	1 small dinner roll 1 ear (6") corn on cob
2 Meat (List 2)	2 oz baked chicken	2 oz flank steal, broiled or grilled
1 Vegetable (List 3)	½ cup cooked broccoli	½ cup green beans
1 Fruit (List 4)	1 ¼ cup strawberries	1 cup cantaloupe/honeydew melon salad
1 Fat (List 6)	1 Tbsp regular salad Dressing * Green Salad	1 Tbsp silvered almonds for green beans

Evening Snack

1 Starch/Bread (List 1)	3 graham cracker squares	1 oz (1½ cups) puffed wheat or rice cereal
1 Milk (List 5)	8 oz skim or 1% milk	8 oz skin or 1% milk
* From List 7-Free Foods	1/3 cup brown rice	1 ear (6") corn on cob
2 Meat (List 2)	2oz baked chicken	2 oz flank steak, broiled or grilled
1 Vegetable (List 3)	½ cup cooked broccoli	½ cup green beans
1 Fruit (List 4)	1 ¼ cup strawberries	1 cup cantaloupe/honeydew melon salad
1 Fat (List 6)	1 Tbsp regular salad Dressing * Green Salad	1 Tbsp silvered almonds for green beans

List 1 – Starches/ Bread

(15 grams carbohydrate, 3 grams protein a trace of fat, and 80 calories per serving)
 Bread, starchy vegetables and other starchy Foods are the cornerstone of every healthy eating plan. Most of their calories come From carbohydrates, which are good sources of energy. Many choices from this group also provide needed fiber, vitamins, and minerals. For better health, prepare and eat these foods with as little added fat as possible, using less butter, margarine, shortening, and oil.

Use the following guide to estimate servings of any plain starch or bread not listed.

- Starchy vegetables, grains, pasta ½ cup
- Breads and cereals1 oz

Cereals/Grains/Pasta/

Starchy Vegetables

Serving size

Cereal, cooked

(oatmeal, oat bran, cream of wheat, rice etc)½ cup

Dry cereal,

Any type containing less than 100 calories per 1 oz serving1 oz

(Serving sizes may vary; check box)

Macaroni, noodles, spaghetti,

and other pasta, cooked1/2 cup

Rice, brown, white, cooked1/3 cup

Bulgur, barley, other grains1/2 cup

■ Dried beans, peas, lentils, cooked1/3 cup

■ Lima beans, cooked1/2 cup

■ Corn 1/2 cup

■ Corn on the cob (6" piece)1

■ Peas, green, cooked1/2 cup

Potato, baked, boiled, steamed1 small (3 oz)

Potato, mashed w. nothing added..... 1/2 cup

Squash, winter, acorn, hubbard 3/4 cup

Yam, sweet potato1/3 cup

Breads

Breads, whole wheat, rye*, white,

Pumpernickel, raisin, other1 slice (1 oz)

Bagel, plain, small ½ (1 oz)

Bun, hamburger, hot dog½ (1 oz)

Dinner roll1 small

Sandwich roll, Kaiser1/2 small

English muffin1/2

Pita pocket (6-8" across) 1/2

Pita pocket (4" across)1

Tortilla, flour, corn1

Crackers/Snacks

Animal crackers8

Graham crackers (2 ½" square)3

Melba roast, oblongs5

Melba roast, rounds7

Whole wheat or rye crackers (80 cal.)4-6

Saltines, unsalted tops6

Pretzels.....3/4 oz

Popcorn, plain, popped3 cups

Sherbet, any flavor..... 1/4 cup

Yogurt, frozen, fruit flavor 1/3 cup

Starches/Breads with fat

(15 grams carbohydrate, 3 grams protein, 5 or more grams fat, and 125-150 calories per serving)

Count as 1 Starch/bread serving AND 1 Fat serving.

Biscuit (2½")1

Cornbread (2" cube)1

Crackers, butter type6

French fries (2"-3 ½ long)10

□ Potato chips**10

Muffin, small, plain (2-3")½

Taco shell (6").....2

List 2-Meat and Meat Substitutes

Small serving of meat and meat substitutes provides protein for daily needs. For better health, choose lean meats, fish, and poultry more often than medium-and-high-fat meats and cheeses.

Lean Meats

(7 grams protein, 3 grams fat, and 55 calories per serving)

Serving Size

Chicken or turkey, skin removed1 oz

Lean cuts of beef

(round, extra lean

ground round, flank steak, etc.).....1 oz

Lean cuts of pork

(Canadian bacon**, ham**, etc)1 oz

Veal (lean chops and roasts)1 oz

Fish, fresh or frozen 1 oz

Shellfish (clams, crab, lobster,

scallop, shrimp).....2 oz

Tuna, canned in water1/4 cup

Cottage cheese, low fat1/4 cup

Egg substitute 1/4 cup

Medium-fat Meats

(7 grains protein, 5 grams fat and 75 calories per serving)

Beef, pork, lamb (most cuts)1 oz

Veal cutlet, ground or cubed,

unbraided1 oz

Liver1 oz

Egg1

Cheese, low-fat, part skim 1 oz

High-fat Meats

(7 grains protein, 5 grams fat and 75 calories per serving)

Prime beef, corned beef, spareribs1 oz

Sausage**, luncheon meat, hot dog 1 oz

Regular cheese**1 oz

Peanut butter1 Tbsp

List 3-Vegetables

(5 grams carbohydrate, 2 grams protein, and 25 calories for serving)

Vegetables are a very good source of vitamins and minerals. Many choices from this group also provide some fiber. A serving is 1/2 cup of cooked vegetables, 1/2 cup of vegetable juice, or 1 cup of raw vegetables. (Starchy vegetables like potatoes, corn, and peas appear on List 1- Starches/Breads. Vegetables that have fewer than 20 calories per serving appear on List 7-Free foods.

Asparagus	Mashrooms
Beans, green, wax Italian	Okra
Bean sprouts	Onion
Beets	Pea pods (snow peas)
Broccoli	Peppers, red, green, yellow
Brussels sprouts supply	Sauerkraut**
Cabbage	Spinach
Carrots	Squash, summer, crookneck, zucchini
Cauliflower	Tomato** or vegetables juice
Eggplant	Turnip, Water chestnuts
Green onion	
Greens, collard, mustard	

List 4 – Fruits

(15 grams carbohydrate and 60 calories per serving)

Fruits provide important vitamins and minerals and are a good source of fiber.

To obtain the most fiber from fruits, eat the edible peelings too, such as those of apples, apricots, and pears.

Use the following guide to estimate serving of any fruit not listed.

- Fresh, canned or frozen fruit, no sugar added.....1/2 cup
- Dried fruit1/4 cup

Serving Size

Apple, raw (2")	1
Applesauce, no sugar added	1/2 cup
Apricot, raw (medium)	4
Banana (9" long)	1/2
Blackberries* or blueberries*, raw	3/4 cup
Cantaloupe or honeydew melon	1 cup
Cherries, raw (large)	12
Fig, raw (2" across)	2
Grapefruit (medium)	1/2
Grapes (small)	15
Kiwi (large)	1
Mandarin oranges	3/4 cup
Nectarin *(2 1/2 across)	1
Orange (2 1/2 across)	1
Papaya	1 cup
Peach (2 3/4" across)	1 whole or 3/4 cup

Pear	1/2 large or 1 small
Pineapple, fresh	3/4 cup
Plum, raw (2" across)	2
Strawberries*, raw (whole)	1 1/4 cup
Tangerine (2 1/2" across)	2
Watermelon	1 1/4 cup

Dried Fruit

Apricots*	7 halves
Prunes* (medium)	3

Fruit Juices

Apple, orange, grapefruit	1/2 cup
Cranberry, grape, prune	1/3 cup

List 5- Milk and Milk Products

Milk and milk products are needed throughout life.

Choose 2 or more servings a day. Milk products

calcium and other minerals, vitamins, protein and carbohydrate. Choose low-fat and skin varieties for better health since these choices have less fat, calories than whole milk products.

Skim Milk and Skim Milk Products

(12 grams carbohydrate, 8 grams protein, 1 gram fat 90-110 calories per serving)

Serving Size

Skim, 1/2%, 1% milk	8 oz
Buttermilk, low-fat	8 oz
Evaporated skim milk	4 oz
Nonfat dry milk powder	2 2/3 oz (1/3 cup)
Yogurt, nonfat, plain	8 oz
Yogurt, nonfat, fruited, artificially sweetened...	8 oz
Hot cocoa, artificially sweetened	1 envelope

Low-fat Milk and Low-fat Milk Products

(12 grams carbohydrate, 8 grams protein, 3 or more grams fat, and 120-150 calories per serving)

2% milk	8 oz
Yogurt, low-fat, plain	8 oz.

Whole Milk and Whole Milk Products

(12 grams carbohydrate, 8 grams protein, 5 or more grams fat and 150-170 calories per serving)

To reduce your intake of saturated fat, limit or avoid foods in this group.

Whole milk	8 oz
Evaporated whole milk	4 oz
Yogurt, regular, plain	8 oz

List 6 – Fats

(5 grams fat and 45 calories per serving) fats add flavor And moisture to foods but provide few additional nutrients, such as vitamins and minerals. Note that serving sizes of fat are small. Choose unsaturated fats Instead of saturated fats.

Unsaturated Fats	Serving Size
Margarine, stick	1 tsp
Margarin, rub	1 tsp
Margarin, diet	1 Tbsp
Mayonnaise, regular	1 tsp
Mayonnaise, reduced-calorie	1 Tbsp
Salad dressing, regular	1 Tbsp
Oil, corn, cottonseed, soybean, Olive, sunflower, peanut	1 tsp
Nuts and seeds	1 Tbsp
Saturated Fats	
Bacon	1 slice
Butter	1 tsp
Nondiary creamer, liquid	2 Tbsp
Nondiary creamer, powdered	4 tsp
Cream, light, table, coffee, sour	2 Tbls
Cream, heavy, whipping	1 Tbls
Cream cheese	1 Tbls

Each free food or drink contains fewer than 20 calories per serving. You may eat as much as you want of free foods that have no serving size listed; you may eat 2 or 3 serving sizes listed. For better blood sugar Control, spread your servings of these extra foods throughout the day.

Drinks

Bouillon or broth**, no fat
Cocoa powder
unsweetened baking
type (1 Tbsp)
Coffee or tea
Soft drinks, calorie-free
including carbonated
drinks

Fruits

Cranberries or rhubarb
no sugar added
(1/2 cup)

Vegetables

Celery
Cucumber
Peppers, hot
Redishes
Salad green, all types

Sweet substitutes

Gelatin, sugar-free
Jam or jelly, sugar-free (2 tsp)
Whipped topping (2 Tbsp)

Spreadable fruit
no sugar added (1 tsp)

Condiments

Catsup (1 Tbsp)
Dill pickles**,
unsweetened
Horseradish
Hot sauce
Mustard
Salad dressing, nonfat
low-calorie, including
mayonnaise-type (2 Tbsp)
Taco sauce (2 Tbls)
Vinegar

Seasonings can be used as desired. If you are following a low-sodium diet, be sure to read the labels And choose seasonings that do not contain sodium or salt.

Flavoring extracts
(vanilla, almond,
butter, etc.
Garlic or garlic powder
Herbs, fresh or dried
Lemon or lemon juice
Lime or lime juice

Onion powder
Paprica
Pepper
Pimento
Spices
Soy sauce**
Worcestershire sauce

*High in fiber

**High in sodium