

DAILY MENU – 1200 CALORIES

The following menu plan encourages you to eat foods that are low in fat and added sugar by categorizing them in the prime selection section. Keep in mind, however, that the basis for categorization is number of calories, and not all “poor choice” foods are unhealthful.

In addition to the foods below, you may drink as much water, seltzer, diet soda, black coffee and unsweetened tea as you desire without adding any calories to your diet. Also keep in mind that while herbs and spices add almost no calories to your diet, mustard, relish and ketchup add some, while mayonnaise, butter and oils add a lot. Also, note that celery, cucumbers, lettuce and radishes are particularly low in calories, which means that extra amounts of these can be consumed without significantly raising your daily caloric intake.

The serving sizes (listed as number of ounces) should be used as a guideline for remaining within your calorie limitation. For large serving sizes, the amounts indicated should be viewed as “maximum permissible consumption” rather than “required consumption”.

If you have indicated that you have heart disease, you should avoid foods that are preceded by a minus (-) sign, and try to select those that are preceded by a plus (+) sign.

****BEFORE STARTING ANY DIET, CONSULT YOUR PHYSICIAN OR REGISTERED/LICENSED DIETITIAN.****

Additional Information:

APPROXIMATE WEIGHT OF FOOD IN COMMON UNITS:

1. Beverages, soup, and other liquid: 1 cup weighs approximately 8 ounces.
2. Bread, crackers, etc:
 - 1 slice of bread weighs approximately 1 ounce.
 - 8 Ritz crackers weigh approximately 1 ounce.
 - 1 cup of popped popcorn weighs approximately ¼ ounce.
3. Cereal:
 - 1 bowl of cold cereal (about ¾ cup) weighs approximately 1½ ounces.
 - 1 bowl of hot cereal (e.g. ¾ cup oatmeal) weighs approximately 6½ ounces.
4. Dessert:
 - 1 piece of cake (3x3x2 inches) weighs approximately 3 ounces.
 - 1 piece of pie (3½ inch sector, ⅛ total pie) weighs approximately 4 ounces.

BREAKFAST – Choose 1 item from each section. Try to select “prime” foods only.

PRIME SELECTION (7.5 ounces)	ACCEPTABLE SUBSTITUTE (1.0 ounce)	POOR CHOICE (1.0 ounce)
+ Cream of Wheat, cooked + Grits, cooked + Malt(-)Meat, cooked + Maltex, cooked + Mayo, cooked + Oatmeal, any type, cooked + Other hot cereal, cooked + Ralston, cooked + Roman meal, cooked + Wheatena, cooked + Whole wheat cereal, cooked	*Bran cereals *Flakes w/dried fruit +*Other cereals without salt *Plain flakes, any type *Wheat squares with fruit *Plus skim milk (4.0 oz)	*Granola-type cereal *Sugar-coated cereals *High-sugar cereals *Plus skim milk (4.0 oz)
(2.0 ounces)	(1.5 ounces)	(1.0 ounce)
French toast with syrup Pancakes with syrup Plain cornbread, homemade + Plain toast, low calorie + Waffles w/low calorie spread Waffles with syrup	-Bagel with cream cheese Brown and Serve rolls -Coffee cake Cornbread made from mix -English muffin with butter -Muffins, any type -Pancakes with butter & syrup +Plain bagel, any type Plain biscuits +Plain English muffins +Plain toast Sweet rolls -Toast with butter/jelly -Waffles with butter/jelly	-Biscuits with butter -Croissant -Croissant with butter -Danish pastry -Donuts, any type -Matzo with butter
(3.5 ounces)	(2.0 ounces)	(0.5 ounce)
Fruit canned in juice Fruit canned in light syrup + Other fresh fruit	+Bananas +Breadfruit +Crabapple +Elderberries +Fresh figs Fruit canned in heavy syrup +Passion fruit +Plantain Sweetened fruit	Candied fruit -Coconut +Dates +Dried fruit +Prunes +Raisins

FOOD GUIDELINES

Milk and Dairy Group

Recommended servings: Two servings daily. (One serving = 1 cup milk, ½ cup pudding, custard, or ice cream).

Foods included:

Skim, nonfat milk, (lowfat 2%), whole milk,
nonfat dry milk, plain yogurt, puddings made with
allowed milk, custards made with allowed milk,
ice milk (soft or hard), frozen or fruited yogurt made
with allowed milks and other products
Evaporated skim milk
Cream cheese

Foods excluded:

Buttermilk

Fruit and Fruit Juices Group

Recommended servings: Two to four servings daily. (One serving = 1 piece fresh, medium size fruit, ½ cup canned fruit rule out ½ cup juice). Include one citrus choice daily.

Foods included:

Any fresh, frozen or canned juice or fruit

Foods excluded:

Dried fruits containing salt or sodium

Vegetable and Vegetable Juice Group

Recommended servings: Two to four servings daily. (One serving = ½ cup cooked, 1 cup raw or 4 oz. vegetable juice).

Foods included:

Any fresh or frozen vegetables prepared with
allowed ingredients
Low sodium vegetables and vegetable juices

Foods excluded:

Sauerkraut, pickles
Regular canned tomato juice and canned
vegetable juice
Salted french fries, potato chips, potato sticks

Breads, Cereals and Starch Foods

Recommended servings: Four or more servings daily. (One serving = 1 slice bread, ½ cup cooked pasta or rice, 6 crackers or 1 cup dry cereal).

Foods included:

Bread: All varieties or regular bread, (English
muffins, bagels, hamburger/hot dog rolls, pita bread)
Dry cereals, oatmeal, farina, grits
Pasta, spaghetti, rice, noodles, potatoes
Unsalted pretzels, crackers, popcorn, or potato chips

Foods excluded:

Potato chips, pretzels, salted crackers and
other salted snacks
Instant stuffing, rice or pasta with packaged
sauces or gravy
Microwave popcorn

Meat, Poultry, Seafood and Cheese Group

Recommended servings: No more than 6 oz. cooked weight daily.

Foods included:

Beef, veal, pork, lamb, chicken, turkey, fish,
tuna fish (water packed, drained)
Low sodium cheeses
Low sodium cottage cheese, cream cheese
Eggs – 3 per week

Foods excluded:

Smoked or cured meats
All types of sausage, spareribs, bacon, canned
ham, low salt ham, salt pork, mutton
Corned beef, luncheon meats, Kosher meats,
hot dogs
Meats canned or frozen in gravy or sauce
Commercially breaded or fried meat, poultry
or seafood
Cheeses, processed or hard regular cheeses
and all cheese spreads
Crab, lobster, scallops, shrimp, clams, oysters
regular canned tuna fish, canned salmon

Occasionally, one serving of meat may be replaced by one serving of high sodium content meat, fish, or poultry (approximately 350 mg sodium) if desired. At the meals this substitution is made, fat and vegetables must be unsalted. The following are each equal to one serving.

Ham	1½ oz
Regular tuna fish	¼ cup
Regular cottage cheese	¾ cup
Regular cheddar cheese 1	½ oz
American or Swiss processed cheese	1 oz
Scallops	3 – 4 (12 per pound)
Oysters, fried	10 – 12
Crab	1 oz or 1 medium
Clams, steamed or raw	6 large or 12 small
Lobster	1 pound whole lobster
Salmon (canned)	2/5 cup
Sardines	1½ oz
Bacon, fried crisp	3 slices
Shrimp (raw)	8 oz
Regular peanut butter	4 Tbsp.

Fat Group

Recommended servings: 5 fat servings daily. One serving = 1 tsp. margarine, 2 tsp. diet margarine, 1 tsp. vegetable oil, 1 tsp. mayonnaise, 2 tsp. light mayonnaise, 1 Tbsp. regular salad dressing, 1 tsp. olive oil.

Foods included:

Butter, margarine, diet margarine, mayonnaise, light mayonnaise, nondairy creamer, salad dressings
Unsalted fats such as unsalted margarine, cooking oil, and cream may be used as desired

Foods excluded:

Salt port, fat back, bacon, olives

Soups Group

Foods included:

Homemade fat-free soups made with allowed ingredients
Low sodium broth or bouillon

Foods excluded:

Canned soups or dried soup mixes

Sweets/Desserts

Foods included:

Carbonated beverages, fruit punch, lemonade, coffee, tea
Hard candies
Sugar, sugar substitute
Jelly, jam, honey
Sweets made with allowed ingredients
Ice cream, popsicles, sherbert, water ice, Jello
Angel food cake, cookies, cooked puddings

Foods excluded:

Candy with salted nuts
Artificial sweeteners with sodium
Instant pudding

Miscellaneous Group

Foods included:

Herbs and spices without salt
A complete salt substitute (no lite salt)
Lemon
Vinegar
Garlic
Pepper
No added salt peanut butter
A complete salt substitute (no lite salt)

Foods excluded:

Salts, seasoned salts, Accent, meat tenderizer
Prepared mustard, catsup
Soy sauce, Worcestershire sauce, meat sauces
Horseradish (prepared with salt)
Sauerkraut, olives, relishes, pickles
Party dips or spreads
Cooking wines
Self-rising flour
Peanut butter

SAMPLE MEAL PLAN

BREAKFAST

½ cup orange juice
1 slice whole wheat toast
2 tsp. margarine
2 tsp. jelly
¾ cup oatmeal (prepared without salt)
1 cup lowfat milk
coffee with nondairy creamer

LUNCH

Tuna fish sandwich
- ½ cup low-sodium water packed tuna
- 2 slices whole wheat bread
- lettuce and tomato
- 2 tsp. mayonnaise
carrots and celery sticks
apple
1 cup lowfat milk

DINNER

4 oz. baked chicken
½ cup rice (prepared without salt)
½ cup broccoli
tossed salad
vinegar and oil dressing
1 slice Angel food cake

EVENING SNACK

Graham cracker
½ cup fruited gelatin