

PrescriptionPLUS Lifestyle Program • Your Daily Meal Plan

DIET



1800 Calories

Carbohydrates: 259 g
Protein: 68 g
Fat: 56 g

BREAKFAST:

- 1 Fruit (List 4)
- 2 Starch/Bread (List 1)
- 2 Fat (List 6)
- 1 Milk (List 5)
- * Free Foods (List 7)

LUNCH:

- 1 Meat (List 2)
- 2 Starch/Bread (List 1)
- 1 Vegetable (List 3)
- 1 Fruit (List 4)
- 1 Fat (List 6)
- * Free Foods (List 7)

AFTERNOON SNACK:

- 2 Fruit (List 4)

DINNER:

- 2 Meat (List 2)
- 3 Starch/Bread (List 1)
- 1 Vegetable (List 3)
- 1 Fruit (List 4)
- 2 Fat (List 6)
- * Free Foods (List 7)

EVENING SNACK:

- 2 Starch/Bread (List 1)
- 1 Milk (List 5)
- 1 Fruit (List 4)
- 1 Fat (List 6)

2000 Calories

Carbohydrates: 289 g
Protein: 78 g
Fat: 62 g

BREAKFAST:

- 2 Fruit (List 4)
- 2 Starch/Bread (List 1)
- 2 Fat (List 6)
- 1 Milk (List 5)
- * Free Foods (List 7)

LUNCH:

- 2 Meat (List 2)
- 2 Starch/Bread (List 1)
- 1 Vegetable (List 3)
- 2 Fruit (List 4)
- 1 Fat (List 6)
- * Free Foods (List 7)

AFTERNOON SNACK:

- 1 Fruit (List 4)
- 1 Starch/Bread (List 1)

DINNER:

- 2 Meat (List 2)
- 3 Starch/Bread (List 1)
- 1 Vegetable (List 3)
- 1 Fruit (List 4)
- 2 Fat (List 6)
- * Free Foods (List 7)

EVENING SNACK:

- 2 Starch/Bread (List 1)
- 1 Milk (List 5)
- 1 Fruit (List 4)
- 1 Fat (List 6)

2500 Calories

Carbohydrates: 349 g
Protein: 97 g
Fat: 76 g

BREAKFAST:

- 2 Fruit (List 4)
- 3 Starch/Bread (List 1)
- 2 Fat (List 6)
- 1 Milk (List 5)
- * Free Foods (List 7)

LUNCH:

- 1 Meat (List 2)
- 4 Starch/Bread (List 1)
- 1 Vegetable (List 3)
- 1 Fruit (List 4)
- 2 Fat (List 6)
- * Free Foods (List 7)

AFTERNOON SNACK:

- 1 Fruit (List 4)
- 2 Starch/Bread (List 1)

DINNER:

- 2 Meat (List 2)
- 3 Starch/Bread (List 1)
- 1 Vegetable (List 3)
- 2 Fruit (List 4)
- 2 Fat (List 6)
- * Free Foods (List 7)

EVENING SNACK:

- 2 Starch/Bread (List 1)
- 1 Milk (List 5)
- 1 Fruit (List 4)
- 1 Fat (List 6)



1 STARCHES AND BREADS

One portion of each food in this list contains about 15 g of carbohydrate, 3 g protein, a trace of fat, and 80 calories. To choose a similar portion of a starch or bread not listed, follow these general rules:

- Cereal, grain, pasta — 1/2 cup
- Bread Product — 1 oz

BREADS

- Bagel
- Bun (hamburger, hot dog)
- English muffin
- Pita (6" across)
- Tortilla, flour or corn (6" across)
- Whole wheat, rye, white, pumpernickel, raisin (no icing)

CEREALS/GRAINS/PASTA

- Bran cereal, concentrated, such as Bran Buds®, All-Bran®
- Bran cereal, flaked
- Cooked cereal, grits, bulgur
- Grapenuts®
- Macaroni, noodles, spaghetti (cooked)
- Puffed cereal
- Ready to eat unsweetened cereal
- Rice, white or brown
- Shredded wheat
- Wheat germ

CRACKERS/SNACKS

- Graham cracker (2 1/2" square)
- Matzo
- Melba Toast

PORTION

- 1/2 (1 oz)
- 1/2 (1 oz)
- 1/2
- 1/2
- 1
- 1 slice (1 oz)

PORTION

- 1/3 cup
- 1/2 cup
- 1/2 cup
- 3 tbsp
- 1/2 cup
- 1 1/2 cup
- 3/4 cup
- 1/3 cup
- 1/2 cup
- 3 tbsp

PORTION

- 3
- 3/4 oz
- 5 slices

CRACKERS/SNACKS cont.

- Oyster crackers
- Popcorn, popped, no fat added
- Pretzels
- Rye crisp (2" x 3 1/2")

STARCHY VEGETABLES

- Beans, baked
- Corn
- Lentils, beans, or peas (dried, such as kidney, white, split, black-eyed)
- Lima beans
- Peas, green (canned or frozen)
- Potato, baked
- Potato, mashed
- Winter squash (acorn, butternut)
- Yam or sweet potato, plain

STARCH FOODS PREPARED WITH FAT

(Count as 1 starch/bread exchange and 1 fat exchange)

- Biscuit (2 1/2" across)
- Chow mein noodles
- Corn bread (2" cube)
- Cracker, round butter type
- French fried potatoes (2 - 3 1/2" long)
- Muffin (small, plain)
- Taco shell (6" across)

PORTION

- 24
- 3 cups
- 3/4 oz
- 4

PORTION

- 1/4 cup
- 1/2 cup or 6" cob
- 1/3 cup
- 1/2 cup
- 1/2 cup
- 1 small (3 oz)
- 1/2 cup
- 3/4 cup
- 1/3 cup

PORTION

- 1
- 1/2 cup
- 1 (2 oz)
- 6
- 10 (1 1/2 oz)
- 1
- 2



2 MEATS AND MEAT SUBSTITUTES

One portion of each food in this list contains about 7 g protein. **Lean meats and meat substitutes** have about 55 calories per serving; other meat items have 78 to 100 calories per serving. To follow a diet low in cholesterol and saturated fat, choose the **lean meats, fish** and other items that appear in **bold type**. Portions are weighed after cooking and with skin, bones and fat removed.

BEEF

- Lean cuts**, such as **USDA Good/Choice round, sirloin, or flank steak, tenderloin, chipped beef**
- All other cuts

CHEESE

- Cottage** or ricotta
- Diet (less than 55 calories per oz)**
- Parmesan, grated
- Other cheese (except cream cheese)

EGGS

- Egg substitute (less than 55 calories per 1/4 cup)**
- Egg whites**
- Egg, whole

FISH AND SEAFOOD

- All fresh or frozen fish**
- Clams, crab, lobster, shrimp, scallops
- Herring, smoked
- Oysters
- Sardines (canned)
- Tuna (water-packed)
- Salmon (canned)

PORTION

- 1 oz
- 1 oz

PORTION

- 1/4 cup
- 1 oz
- 2 tbsp
- 1 oz

PORTION

- 1/4 cup
- 3
- 1
- 1 oz
- 2 oz
- 1 oz
- 6 medium
- 2 medium
- 1/4 cup
- 1/4 cup

MISCELLANEOUS

- Hot dog (10 per lb)
- Lamb (all cuts)
- Liver, heart, kidney, sweetbreads
- Luncheon meats-**95% fat free**; all others
- Peanut butter
- Sausages, such as Polish, Italian, smoked

PORK

- Lean cuts**, such as **Canadian bacon; fresh ham; canned, cured, boiled ham; tenderloin**
- Other cuts

POULTRY

- Chicken, turkey, Cornish hen (skin removed)**

VEAL

- Lean chops and roasts**
- Cutlets

PORTION

- 1
- 1 oz
- 1 oz
- 1 oz
- 1 tbsp
- 1 oz

PORTION

- 1 oz
- 1 oz

PORTION

- 1 oz

PORTION

- 1 oz
- 1 oz



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3 VEGETABLES

One portion of each vegetable in this list contains about 5 g carbohydrate, 2 g protein, and 25 calories. If no portion size is listed, the following measurements should be used: • Cooked vegetables or juice — 1/2 cup • Raw vegetables — 1 cup

Check Free Foods (List 7) and Starches/Breads (List 1) for vegetables not listed here.

| | | |
|-----------------------------|--------------------------------|---------------------------|
| Asparagus | Cauliflower | Sauerkraut |
| Beans (green, wax, Italian) | Eggplant | Spinach (cooked) |
| Bean sprouts | Greens (collard, mustard, etc) | Summer squash (crookneck) |
| Beets | Mushrooms (cooked) | Tomato (1 large) |
| Broccoli | Okra | Tomato or vegetable juice |
| Brussels sprouts | Onion | Turnip |
| Cabbage (cooked) | Pea pods (snow peas) | Water chestnuts |
| Carrots | Peppers (green) | Zucchini (cooked) |



4 FRUITS

One portion of each fruit here contains about 15 g carbohydrate and 60 calories. To choose a similar portion of a fruit not listed, follow these general rules: • Fresh, canned or frozen fruit, no sugar added — 1/2 cup • Dried fruit — 1/4 cup

DRIED FRUITS

| |
|----------------|
| Apple |
| Apricot |
| Date (medium) |
| Fig |
| Prune (medium) |
| Raisins |

FRUIT JUICES

| |
|---------------------------------------|
| Apple juice or cider |
| Cranberry juice cocktail |
| Grape juice |
| Prune juice |
| Other, such as orange, pineapple, etc |

FRUIT

| |
|----------------------------------|
| Apple, raw (2" across) |
| Applesauce, no sugar added |
| Apricot, raw (medium) |
| Banana (9" long) |
| Blackberries or blueberries, raw |
| Cantaloupe or honeydew melon |

PORTION

| |
|----------|
| 4 rings |
| 7 halves |
| 2 1/2 |
| 1 1/2 |
| 3 |
| 2 tbsp |

PORTION

| |
|---------|
| 1/2 cup |
| 1/3 cup |
| 1/3 cup |
| 1/3 cup |
| 1/2 cup |

PORTION

| |
|---------|
| 1 |
| 1/2 cup |
| 4 |
| 1/2 |
| 3/4 cup |
| 1 cup |

FRUIT cont.

| |
|----------------------------|
| Cherries raw (large) |
| Fig raw (2" across) |
| Fruit cocktail, canned |
| Grapefruit (medium) |
| Grapefruit segments |
| Grape (small) |
| Kiwi (large) |
| Mandarin orange |
| Nectarine (2 1/2" across) |
| Orange (2 1/2" across) |
| Papaya |
| Peach (2 3/4" across) |
| Pear |
| Persimmon (native, medium) |
| Pineapple, fresh |
| Pineapple, canned |
| Plum, raw (2" across) |
| Raspberries, raw |
| Strawberries, raw (whole) |
| Tangerine (2 1/2" across) |
| Watermelon |

PORTION

| |
|----------------------|
| 12 |
| 2 |
| 1/2 cup |
| 1/2 |
| 3/4 cup |
| 15 |
| 1 |
| 3/4 cup |
| 1 |
| 1 |
| 1 cup |
| 1 whole or 3/4 cup |
| 1/2 large or 1 small |
| 2 |
| 3/4 cup |
| 1/3 cup |
| 2 |
| 1 cup |
| 1 1/4 cup |
| 2 |
| 1 1/4 cup |



5 MILK AND MILK PRODUCTS

One portion of each milk or milk product on this list contains about 12 g carbohydrate and 8 g protein. These foods also contain 1 to 8 g fat and 90 to 150 calories per serving, depending on their butterfat content. Choose foods from the skim and lowfat milk groups as often as possible, because they contain less butterfat than do whole milk products.

| SKIM AND VERY LOWFAT MILK | PORTION | LOWFAT MILK | PORTION | WHOLE MILK | PORTION |
|---------------------------|---------|----------------------------|---------|---------------------------|---------|
| Skim, 1/2%, or 1% milk | 1 cup | (Count as 1 milk exchange | | (Count as 1 milk exchange | |
| Buttermilk, lowfat | 1 cup | and 1 fat exchange) | | and 2 fat exchanges) | |
| Evaporated skim milk | 1/2 cup | 2% milk | 1 cup | Whole milk | 1 cup |
| Nonfat dry milk | 1/3 cup | Lowfat yogurt, plain (with | | Evaporated whole milk | 1/2 cup |
| Nonfat yogurt, plain | 8 oz | added nonfat milk solids) | 8 oz | Whole yogurt, plain | 8 oz |

6 FATS

One portion of each food on this list contains about 5 g fat and 45 calories. Choose unsaturated fats instead of saturated fats as often as possible.

| UNSATURATED FATS | PORTION | SATURATED FATS | PORTION |
|--|----------------------|------------------------------------|---------|
| Almonds, dry roasted | 6 whole | Bacon | 1 slice |
| Avocado (medium) | 1/8 | Butter | 1 tsp |
| Margarine, diet | 1 tbsp | Coconut, shredded | 1 tbsp |
| Mayonnaise | 1 tsp | Coffee whitener, liquid | 2 tbsp |
| Oil (corn, olive, peanut, safflower, soybean, sunflower) | 1 tsp | Coffee whitener, powdered | 4 tsp |
| Olives | 10 small or 5 large | Cream (light, coffee, table, sour) | 2 tbsp |
| Peanuts | 20 small or 10 large | Cream (heavy, whipping) | 1 tbsp |
| Pecans or walnuts | 2 whole | Cream cheese | 1 tbsp |
| Salad dressing, mayonnaise-type | 2 tsp | | |
| Salad dressing, other varieties | 1 tbsp | | |
| Sunflower seeds | 1 tbsp | | |

7 FREE FOODS

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 portion size given; you may eat two or three servings per day of free foods that have portions listed. Be sure to spread your servings throughout the day.

DRINKS

| |
|--|
| Bouillon or broth, no fat, low sodium |
| Cocoa powder, unsweetened baking type (1 tbsp) |
| Coffee or tea |
| Soft drinks, calorie-free, including carbonated drinks |

CONDIMENTS

| |
|--|
| Catsup (1 tbsp) |
| Dill pickles, unsweetened |
| Horseradish |
| Hot sauce |
| Mustard |
| Salad dressing, low-calorie, including mayonnaise-type (2 tsp) |
| Taco sauce (1 tbsp) |
| Vinegar |

SWEET SUBSTITUTES

| |
|-----------------------------------|
| Gelatin, sugar-free |
| Jam or jelly, sugar-free (2 tbsp) |
| Whipped topping (2 tbsp) |

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.

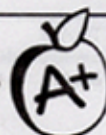
| |
|---|
| Flavoring extracts (vanilla, almond, butter, etc) |
| Garlic or garlic powder |
| Herbs, fresh or dried |
| Lemon or lemon juice |
| Lime or lime juice |
| Onion powder |
| Paprika |
| Pepper |
| Pimento |
| Spices |
| Soy sauce |
| Worcestershire sauce |

FRUITS

| |
|--|
| Cranberries or rhubarb, no sugar (1/2 cup) |
|--|

VEGETABLES (raw, 1 cup)

| |
|---------------------------|
| Cabbage |
| Celery |
| Cucumber |
| Green onion |
| Hot peppers |
| Mushrooms |
| Radishes |
| Salad greens (as desired) |
| Lettuce |
| Romaine |
| Spinach (raw) |
| Zucchini |



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