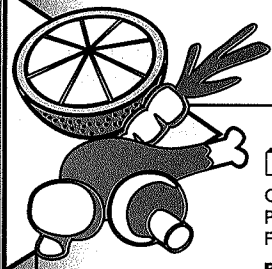


# PrescriptionPLUS Lifestyle Program • Your Daily Meal Plan

## 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:

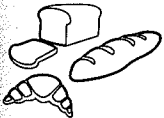
- 1 Fruit (List 4)
- 2 Starch/Bread (List 1)

#### 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

#### PORTION

- 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

#### PORTION

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

#### 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  
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

#### FRUIT JUICES

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

#### PORTION

1/2 cup  
1/3 cup  
1/3 cup  
1/3 cup  
1/2 cup

#### FRUIT

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

#### PORTION

1  
1/2 cup  
4  
1/2  
3/4 cup  
1 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

Skim, 1/2%, or 1% milk	1 cup
Buttermilk, lowfat	1 cup
Evaporated skim milk	1/2 cup
Nonfat dry milk	1/3 cup
Nonfat yogurt, plain	8 oz

#### LOWFAT MILK

(Count as 1 milk exchange and 1 fat exchange)  
2 1/2 milk  
Lowfat yogurt, plain (with added nonfat milk solids)

#### PORTION

1 cup  
8 oz

#### WHOLE MILK

(Count as 1 milk exchange and 2 fat exchanges)  
Whole milk  
Evaporated whole milk  
Whole yogurt, plain

#### PORTION

1 cup  
1/2 cup  
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

Almonds, dry roasted  
Avocado (medium)  
Margarine, diet  
Mayonnaise  
Oil (corn, olive, peanut, safflower, soybean, sunflower)  
Olives  
Peanuts  
Pecans or walnuts  
Salad dressing, mayonnaise-type  
Salad dressing, other varieties  
Sunflower seeds

#### PORTION

6 whole  
1/8  
1 tbsp  
1 tsp  
1 tsp  
10 small or 5 large  
20 small or 10 large  
2 whole  
2 tsp  
1 tbsp  
1 tbsp

#### SATURATED FATS

Bacon  
Butter  
Coconut, shredded  
Coffee whitener, liquid  
Coffee whitener, powdered  
Cream (light, coffee, table, sour)  
Cream (heavy, whipping)  
Cream cheese

#### PORTION

1 slice  
1 tsp  
1 tbsp  
2 tbsp  
4 tsp  
2 tbsp  
1 tbsp  
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

#### 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

#### 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

#### 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

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