

1500 Calories

Breakfast

2 fruit (list 6)
2 bread (list 1)
1 meat (list 2)
1 fat (list 3)
1 milk (list 5)
free foods (list 7)

Lunch

2 meat (list 2)
2 bread (list 1)
1 veg (list 4)
2 fruit (list 6)
1 fat (list 3)
free foods (list 7)

Dinner

2 meat (list 2)
2 bread (list 1)
1 veg (list 4)
1 fat (list 3)
free foods (list 7)

Evening snack

1/2 bread (list 1)
1 milk (list 5)

1800 Calories

Breakfast

2 fruit (list 6)
2 bread (list 1)
1 meat (list 2)
2 fat (list 3)
1 milk (list 5)
free foods (list 7)

Lunch

2 meat (list 2)
2 bread (list 1)
1 veg (list 4)
2 fruit (list 6)
2 fat (list 3)
free foods (list 7)

Dinner

3 meat (list 2)
2 bread (list 1)
1 veg (list 4)
2 fat (list 3)
free foods (list 7)

Evening snack

1 bread (list 1)
1 milk (list 5)

2000 Calories

Breakfast

2 fruit (list 6)
2 bread (list 1)
1 meat (list 2)
1 fat (list 3)
1 milk (list 5)
free foods (list 7)

Snack

1 bread (list 1)
1 meat (list 2)

Lunch

2 meat (list 2)
2 veg (list 4)
1 bread (list 1)
1 fat (list 3)

Snack

1 milk (list 5)
1 bread (list 1)

Dinner

4 meat (list 2)
2 bread (list 1)
2 veg (list 4)
1 fat (list 3)
1 fruit (list 6)
1 milk (list 5)

Snack

1 bread (list 1)
1 meat (list 2)

Daily Meal Plan Exchange List

List 1

Breads & Starches

1 gm = 4 calories
1 portion =
80 calories
15 gm carbohydrate
3 gm protein
trace fat

1/2 bagel (1 oz)
1/2 hamburger/hotdog bun
pita 6" across
1/2 flour or corn tortilla
1 slice bread
1/2 cup rice or grits
1 1/2 cups bran cereal
3/4 cup ready to eat cereal
1/2 cooked pasta
3/4 cup pretzels
4 rye crisps
3 graham crackers
flour in a recipe 1/2 tbsp
1/4 cup baked beans
1/3 cup (dry) lentils, split peas
1/3 cup (dry) beans, peas or
1/2 cup canned
1 3oz baked potato
1/2 cup mashed potato

Starchy Foods-Fried

(prepared with fat)
(counts as 1 starch and 1 fat)

1 small biscuit
2" cube corn bread
1 small plain muffin
6 round butter type crackers
1/2 cup chow mein noodles
2 6" taco shells

List 2

Meats & Proteins

1 portion =

55 calories

7 gm protein

Avoid high fat items

1 oz lamb, beef, pork, veal,
lean chops, liver, kidney,
poultry with skin removed,
luncheon meats, sausages
and fish
2 oz clams, crabs, lobsters
6 medium oysters
1/4 cup tuna
1 whole egg
3 egg whites
1/4 cup egg substitute
1 hot dog
1/4 cup ricotta or cottage cheese
1 oz cheese
2 tbsp parmesan cheese

List 3

Unsaturated fats

Fats & Oils

1 gm = 9 calories

1 portion =

45 calories

5 gm fat

Avoid too much fat

(Preferable)

6 almonds, dry roasted

1/8 medium avocado

1 tsp all oils and margarine

1 tbsp diet margarine

10 small olives or 5 large

20 peanuts

2 whole pecans

1 tsp mayonnaise type dressings

1 tbsp all other types

Saturated Fats

(Use less of these)

1 slice bacon

1 tsp butter

2 tbsp shredded coconut

2 tbsp cream coffee creamer

4 tsp powder

1 tbsp heavy cream

1 tbsp cream cheese

List 4**Vegetables & vegetable juices**

1 portion = 25 calories
2 gm protein
5 gm carbohydrate
(Note- some vegetables are listed as bread, fat or free foods)

1 cup raw or cooked vegetables-
green beans
bean sprouts
beets
okra
onion
pea pods
pepper
summer squash
tomato
turnip
zucchini
all juices

List 6**Fruits & fruit juices**

1/2 cup no sugar added
fresh, canned or frozen fruits
1/4 cup dried fruits
1 small apple
1/2 banana
1 cup cantaloupe
1-1 1/4 cup strawberries
1 orange, nectarine, kiwi

List 5**Milk & dairy products**

1 portion = 90-150 calories
8 gm protein
12 carbohydrate
1-8 gm fat

1 cup skim, 1/2% or 2% milk
8 oz non fat or low fat 2% yogurt
(Note- 2% items count as
1 milk and 1 fat)

List 7**Free food**

Fewer than 10 calories

asparagus
broccoli
cabbage
carrots
brussel sprouts
cauliflower
eggplant
greens
parsley
spinach
sauerkraut
bullion
coffee
tea
cocoa powder
diet soda