

# SAMPLE DAILY MEAL MENUS

## Based on a 1600-Calorie Diet

| Meal             | American Option #1   | American Option #2  | Vegetarian Cuisine  | Hispanic-American  | Asian-American  |
|------------------|--|---|---|--|---|
| <b>Breakfast</b> | Whole-wheat bread,<br>1 med slice<br>– No sugar-added jelly,<br>2 tsp<br>Cereal, shredded wheat,<br>½ C<br>– Milk, 1%, 1 C<br>Orange, 1 med<br>Coffee, regular, 1 C<br>– Milk, 1% or low-fat, 1 oz   | Oatmeal, prepared with<br>1% milk or low-fat milk,<br>½ C<br>Orange, 1 med<br>Coffee, 1 C<br>– Milk, 1% or low-fat, 1 oz  | Orange, 1 med<br>Pancakes, made with 1%<br>or low-fat milk and egg<br>whites (3), 4" circles<br>– Pure maple syrup,<br>2 tbsp<br>– Zero trans fat tub<br>margarine, ½ tsp<br>Milk, 1% or low-fat, 1 C<br>Coffee, 1 C<br>– Milk, 1% or low-fat, 1 oz   | Cantaloupe, 1 C<br>Farina, prepared with 1%<br>or low-fat milk, ½ C<br>Whole-wheat bread,<br>1 slice<br>– Margarine, 1 tsp<br>– No sugar-added jelly,<br>1 tsp<br>Orange, 1 med<br>Milk, 1% or low-fat, ½ C  | Banana, 1 sml<br>Whole-wheat bread,<br>2 slices<br>– Zero trans fat tub<br>margarine, 1 tsp<br>Orange, 1 med<br>Milk, 1% or low-fat, 1 C  |
| <b>Lunch</b>     | Roast beef sandwich:<br>– Whole-wheat bread,<br>2 med slices<br>– Lean roast beef,<br>unseasoned, 2 oz<br>– Cheddar cheese, low-<br>fat and low-sodium,<br>1 slice (¾ oz)<br>– Lettuce, 1 leaf<br>– Tomato, 3 med slices<br>– Mayonnaise, low-<br>calorie, 2 tsp<br>Apple, 1 med<br>Water, 1 C | Baked chicken, without<br>skin, 2 oz<br>– Canola oil, 1 tsp<br>Salad:<br>– Lettuce, ½ C<br>– Tomato, ½ C<br>– Cucumber, ½ C<br>– Oil and vinegar<br>dressing, 2 tsp<br>Brown rice, ⅓ C,<br>seasoned with olive oil<br>Baking powder biscuit,<br>prepared with vegetable<br>oil, 1 sml<br>– Zero trans fat tub<br>margarine, ½ tsp<br>Water, 1 C | Vegetable soup,<br>low-sodium, canned, 1 C<br>Whole-wheat bagel, 1 med<br>– Cheddar cheese,<br>low-fat and low-sodium,<br>¾ oz<br>Spinach salad:<br>– Spinach, 1 C<br>– Mushrooms, ⅛ C<br>– Oil and vinegar based<br>salad dressing, regular<br>calorie, 2 tsp<br>Apple, 1 med<br>Iced tea, unsweetened,<br>1 C | Beef enchilada:<br>– Tortilla, corn, 2 tortillas<br>– Lean roast beef, 2½ oz<br>– Canola oil, 2/3 tsp<br>– Onion, 1 tbsp<br>– Tomato, 4 tbsp<br>– Lettuce, ½ C<br>– Chili peppers, 2 tsp<br>– Refried beans, prepared<br>with canola oil, ¼ C<br>Carrots, 5 sticks<br>Celery, 6 sticks<br>Milk, 1% or low-fat, ½ C | Beef noodle soup, canned,<br>low-sodium, ½ C<br>Chinese noodle and beef<br>salad:<br>– Beef roast, 3 oz<br>– Peanut oil, 1½ tsp<br>– Soy sauce, low-sodium,<br>1 tsp<br>– Carrots, ½ C<br>– Zucchini, ½ C<br>– Onion, ¼ C<br>– Chinese noodles,<br>soft-type, ¼ C<br>Apple, 1 med<br>Tea, unsweetened 1 C |

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| <b>Dinner</b> | Boneless salmon, 3 oz<br>– Vegetable oil, 1½ tsp<br>Baked potato, ¾ med<br>– Zero trans fat tub margarine, 1 tsp<br>Green beans, seasoned with ½ tsp zero trans fat tub margarine, ½ C<br>Carrots, seasoned with ½ tsp zero trans fat tub margarine, ½ C<br>Whole-wheat dinner roll, 1 med<br>1% or low-fat milk, ½ C<br>Iced tea, unsweetened, 1 C | Lean roast beef, 3 oz<br>– Onion, ¼ C<br>– Beef gravy, water-based, 1 tbsp<br>Turnip greens, seasoned with<br>– ½ tsp zero trans fat olive oil, ½ C<br>Sweet potato, baked, 1 sml<br>– Ground cinnamon, 1 tsp<br>– Brown sugar, 1 tsp<br>Cornbread prepared with zero trans fat tub margarine, ½ slice<br>Honeydew melon, ¼ med<br>Iced tea, sweetened with sugar, 1 C | Omelet:<br>– Egg whites, 4 large eggs<br>– Green pepper, 2 tbsp<br>– Onion, 2 tbsp<br>– Mozzarella cheese, part-skim milk, low-sodium, 1½ oz<br>– Canola oil, 1 tbsp<br>Brown rice, seasoned with ½ tsp zero trans fat tub margarine, ½ C<br>Carrots, seasoned with ½ tsp zero trans fat tub margarine, ½ C<br>Whole-wheat bread, 1 slice<br>– Zero trans fat tub margarine, 1 tsp<br>Fig bar cookie, 1 bar<br>Tea, 1 C<br>Honey, 1 tsp | Chicken taco:<br>– Tortilla, corn, 1 tortilla<br>– Chicken breast, no skin, 2 oz<br>– Canola oil, ⅔ tsp<br>– Cheddar cheese, low-fat and low-sodium, 1 oz<br>– Guacamole, 2 tbsp<br>– Salsa, 1 tbsp<br>Corn, seasoned with ½ tsp zero trans fat tub margarine, ½ C<br>Spanish rice without meat, seasoned with ½ tsp olive oil, ½ C<br>Banana, 1 lg<br>Coffee, 1 C<br>– Milk, 1% or low-fat, 1 oz | Pork stir-fry with vegetables:<br>– Pork cutlet, 2 oz<br>– Peanut oil, 1 tsp<br>– Soy sauce, low-sodium, 1 tsp<br>– Broccoli, ½ C<br>– Carrots, 1 C<br>– Mushrooms, ¼ C<br>Steamed brown rice, 1 C<br>Tea, unsweetened, 1 C |
| <b>Snack</b>  | Popcorn, 2½ C<br>– Zero trans fat tub margarine, 1½ tsp   | Saltine crackers, unsalted tops, 4 crackers<br>Mozzarella cheese, part-skim, low-sodium, 1 oz  | Milk, 1% or low-fat, ¾ C  |   | Almond cookies, 2 cookies<br>Milk, 1% or low-fat, ¾ C   |

**Menu Notes:**

- It is recommended that very little salt be added during recipe preparation or as seasoning.
- Consume at least 32 oz water daily.

For an interactive menu planner, visit the National Heart, Lung, and Blood Institute;

<http://hp2010.nhlbihin.net/menuplanner/menu.cgi>

| Legend |            |
|--------|------------|
| C      | Cup        |
| tsp    | Teaspoon   |
| tblsp  | Tablespoon |
| sml    | Small      |
| med    | Medium     |
| lg     | Large      |