



Instructions for Using the Meal Plan and Daily Food Checklist:

1. Start by selecting your calorie level based on the below chart. For example, if you would like to maintain your body weight, find your weight range in column # 2 and use the recommended calorie level in column # 1. If you would like to lose weight, select your weight from the ranges in column # 3 and be sure to follow the calorie level recommended in column # 1.
2. Once you have determined your calorie level, use the "Daily Food Checklist" to aim for the correct number of servings from each food group.

One serving = 1 box on your "Daily Food Checklist" sheet.

When you have one serving, as identified on the "Quick Reference for Food Groups & Choices", check off a box on your "Daily Food Checklist" and continue selecting foods for meals and snacks based on what is left. The goal is to have all of your servings/boxes used each day but preferably no more servings/boxes than provided for your calorie level. **Make enough copies of a blank "Daily Food Checklist" sheet so that you will have one for each week of your weight loss program.**

3. When eating combination foods, read food labels to identify the number of servings from each food group.

Calorie Level Recommendations

Column # 1	Column # 2	Column # 3
Calorie Level*	Recommended for Maintenance of the Following Weight Ranges	Recommended for Weight Loss at the Following Weight Ranges
1200		Less than 110 pounds
1400	Less than 100 pounds	110 - 130 pounds
1600	100 -120 pounds	131 - 165 pounds
1800	121 -135 pounds	166 -195 pounds
2000	136 -160 pounds	196 -235 pounds
2200	161 -190 pounds	236 -260 pounds
2400	Over 190 pounds	Over 260 pounds



The Amount of Nutrients in 1 Serving From Each Group

Food Group	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Grains Starch: breads, cereals, and grains, starchy vegetables, crackers, snacks, and beans, peas, and lentils	15	0-3	0-1	80
Fruits	15	-	-	60
Milk				
Fat-free, low-fat, 1%	12	8	0-3	100
Reduced-fat, 2%	12	8	5	120
Whole	12	8	8	160
Non-starchy Vegetables	5	2	-	25
Meat				
Lean	-	7	0-3	45
Medium-fat	-	7	4-7	75
High-fat	-	7	8+	100
Fats	-	-	5	45

Using Food Labels

When reading a food label, mark your Daily Food Check- list by using the following guidelines.

15g carbohydrate* = 1 grain serving

10-20g = 1 grain

25-35g = 2 grain

40-50g = 3 grain

*Note: do not use label reading for dairy, fruit, or non-starchy vegetables, use the other side of this page as a reference for serving sizes.

7g protein = 1 protein serving

5g total fat = 1 fat serving

Sample Menu for 1600 Calories

Breakfast

1 cup blueberries = 1 fruit serving
 ¾ cup cornflakes = 1 grain serving
 1 cup skim, ½% or 1% fat milk = 1 milk serving
 Coffee

Lunch

Turkey sandwich
 2oz turkey = 2 protein servings
 2 slices bread = 2 grain servings
 1 Tbsp. reduced fat mayonnaise = 1 fat serving
 1 small peach = 1 fruit serving
 1 cup carrots = 1 vegetable serving
 Unsweetened ice tea

Afternoon Snack

6 oz (2/3cup) low-fat yogurt = 1 milk serving
 1 cup of raw vegetables = 1 vegetable serving
 (broccoli, cucumber red pepper)

Dinner

1 cup skim, ½% or 1% fat milk = 1 milk serving
 4 oz. chicken breast = 4 protein servings
 1 medium baked potato (6 oz) = 2 grain servings
 3 Tbsp. low-fat sour cream = 1 fat serving
 Salad:
 2 cup lettuce = 1 vegetable serving
 1 cup mixture of green peppers, tomatoes, onions = 1 vegetable serving
 2 Tbsp. reduced fat salad dressing = 1 fat serving
 1 cup strawberries = 1 fruit serving
 Non-caloric beverage

Evening Snack

1 Small Apple = 1 fruit serving
 3 cups non-fat popcorn = 1 grain serving
 Diet pop

Number of Servings from Food Groups	1600 Calories
Milk	3
Fruit	4
Vegetable	4
Protein	6
Grain	6
Fat	3

Quick Reference for Food Groups & Choices

Choose the number of servings from each group for the Calorie level of your meal plan.

*Grain

- ½ cup cooked cereals
- ¾ cup unsweetened cereals
- 1/3 cup beans and peas, cooked (kidney, white, split, black-eyed)
- 1/3 cup lentils, cooked
- ¼ cup baked beans
- ½ cup corn
- ½ cup peas, green (canned or frozen)
- 1 small potato, baked (3 oz)
- ½ cup potato, mashed
- 1 cup squash, winter (acorn, butternut)
- 1/3 cup pasta, cooked
- 1/3 cup rice (white or brown), cooked
- ½ cup wild rice, cooked
- ½ bagel (1 oz.)
- ½ English muffin
- 1/2 Frankfurter or hamburger bun (1 oz.)
- 1/2 Pita, 6"
- 1 slice bread (1 oz.)
- 8 animal crackers
- 3 cups popcorn (popped, no fat added)
- 3/4 oz. pretzels (about 10 small twists)
- 6 saltine-type crackers

Protein

- 1 oz. of chicken, fish, beef, pork
- 1/4 cup cottage cheese
- 1 whole egg
- 2 egg whites
- 1 oz. cheese
- 4 oz. or 1/2 cup Tofu
- 1 1/2 oz. soy based "sausage patties"
- ½ cup edamame
- 1 Tablespoon peanut butter

See the American Heart Association's website Healthy Lifestyle section for more diet tips and recommendations.

Americanheart.org

*Use of labels is more accurate than general estimates from the grain list. Use labels when possible, see Table 2.

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Fat

- 1 teaspoon butter
- 1 teaspoon margarine
- 1 teaspoon oil
- 6 almonds (dry roasted)
- 6 cashew
- 6 pecans
- 1 ½ teaspoons peanut butter
- 1 Tablespoon seeds
- 2 Tablespoons half and half
- 3 Tablespoons low fat sour cream
- 2 Tablespoon low fat salad dressing
- 1 Tablespoon reduced fat mayonnaise

Milk

- 1 cup milk (skim, 1/2%, or 1%)
- 2/3 cup (6 oz.) yogurt (nonfat or low fat)

Fruit

- 1 small piece of fresh fruit (4 oz.)
- 2 Tablespoons dried fruit
- 1 cup melon
- 1 cup berries
- 1/2 cup canned fruit or juice

Vegetable - non-starchy

- 1/2 cup cooked
- 1 cup raw
- 2 cups leafy

Serving Estimator

- 3 oz. potato = size of a computer mouse
- 1/2 cup = size of the bulb part of a light bulb
- 1 small piece of fruit = size of a baseball
- 1 Tablespoon = size of a thumb tip
- 1 ounce meat = size of 1 thin slice of deli meat
- 1 ounce cheese = size of two 9 volt batteries

Daily Food Checklist

Choose calorie level column and check boxes to track number of servings eaten each day of the week.

		1200 Cal.	1400 Cal	1600 Cal	1800 Cal	Intake Log
Monday	Milk	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Daily Food Checklist

Choose calorie level column and check boxes to track number of servings eaten each day of the week.

		2000 Cal.	2200 Cal	2400 Cal	Intake Log
Monday	Milk	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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