



It's Okay to Eat

A general meal plan can include the following foods. Please remember that your specific calorie needs may be more or less depending on weight, age or level of activity. An individualized meal plan will be provided for you at your nutrition appointment.

Breakfast			
Choose One: ¾ Cup unsweetened cold cereal ½ Cup hot cereal 1 Slice toast ½ English muffin	Small amount butter Or margarine	1 Cup skim or 1% milk	1 Small fresh fruit
Mid Morning Snack			
Choose One: Small fresh fruit Light yogurt 3 Graham crackers 2 Rice cakes 5-7 Crackers (low fat) 3 Cups popcorn (light) 25 Pretzels sticks			
Lunch			
Sandwich with 2 slices bread, low fat lunch meat or cheese, small amount mayo OR Salad with tuna, chicken, cheese or beans (garbonzo, Lentils, etc.) Low fat salad dressing or small amount of oil and vinegar (as desired).	1 Small piece fresh fruit. (any type)	1 Cup skim or 1% Milk	
Afternoon Snack			
Choose One : 1 Small piece fresh fruit 3 Graham crackers 2 Rice cakes 5-7 Crackers (low fat) 3 Cups popcorn (light) 25 Pretzel sticks			
Dinner			
Lean beef, pork, chicken, fish or cheese.(Keep portion to size of deck of cards.)	Choose One: Potato (medium) 2/3 Cup pasta 2/3 Cup rice or couscous 1 Cup corn or peas	Vegetables (any type except corn or peas) OR Large salad Low fat salad dressing or oil/vinegar	
Evening Snack			
Choose one: 1 Small piece Fresh Fruit 3 Graham crackers 2 Rice cakes 5-7 Crackers (low fat) 3 Cups popcorn (light) 25 Pretzels sticks			

**Choose whole grain breads/cereals, whole wheat pasta and brown rice where possible.
Avoid sweets, regular soda, regular Snapple, Kool Aide, sweetened lemonade or sweetened ice tea.**