

Sample Menus for 1200 Calories on an Exchange List Diet- 7 Days

Exchanges	Day 1	Day 2	Day 3
BREAKFAST			
1 bread/starch	½ c grits	½ small bagel	¾ c chex cereal
1 milk	1c 1% milk	1c nonfat yogurt	1c 1% milk
1 fruit	1/2c orange juice	1 ¼ c strawberries	½ banana
1 meat(optional)			
1 fat	1 Tbs diet margarine	2Tbs non-fat cream cheese	
free foods	unswt tea, coffee	unswt tea, coffee	unswt tea, coffee
LUNCH			
2 bread/starch	Hoagie roll, small	1 dinner roll	1 c mashed potatoes
1 veg	lettuce, tomato and onion slice	1 Lean Cuisine oriental beef w/ rice and vegetables	½ c green beans
2 meat	2oz turkey	½ c apple sauce	2oz fried fish
1 fruit	1 peach	1 Tbs diet margarine	½ c pears
1 fat	2 Tbs lo-cal dressing	unswt tea, diet soda	1 tsp oil, in fish
free foods	unswt tea, diet soda		unswt tea, diet soda
DINNER			
2 meat	2 oz baked fish	2 oz skinless chicken	2 oz beef stew
2 veg	2 c tossed salad	onion, green and red pepper	1 c carrots/onion
1 bread/starch	small baked potato	1 small flour tortilla	½ c potato
1 fat	1 tsp oil/vinegar	1 tsp oil, in chicken	1 Tbs diet margarine
1 fruit	1 apple	½ c fruit cocktail	½ c honeydew melon
free foods	unswt tea, diet soda	unswt tea, diet soda	unswt tea, diet soda
SNACKS			
1 milk	1c 1% milk	½ c frozen yogurt	1 c 1% milk
1 bread	¾ c corn flakes	2T cookie crumb	½ bagel
	kcal:1303	kcal: 1272	kcal: 1187
	Pro: 21%	Pro: 20%	Pro: 15%
	CHO: 64%	CHO: 59%	CHO: 67%
	FAT: 14%	FAT: 21%	FAT: 18%
	Chol: 112mg	Chol: 86mg	Chol: 57mg
	Na: 1496mg	Na: 1541mg	Na: 1728mg

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<u>Exchanges</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>
BREAKFAST			
1 bread/starch	½ c cinnamon raisin bagel	½ c oatmeal/grits	1 3' pancakes
1 milk	1c 1% milk	1c 1% milk	1c 1% milk
1 fruit	½ c stewed apples	2 T raisins	½ banana
1 meat(optional)	2 tsp peanut butter		
1 fat	(fat in peanut butter)	1 Tbs diet margarine	1 Tbs diet margarine
free foods	unswt tea, coffee	unswt tea, coffee	unswt tea, coffee
			2 Tbs Lo-cal syrup
LUNCH			
2 bread/ starch	1 c rice	1 c bulgur wheat	2 slices wheat bread
1 veg	1c salad	½ c stirfry veg	lettuce, tomato, onion
2 meat	1 c lentils	2oz beef strips	2oz tuna in water
1 fruit	½ c fruit cocktail	½ c pineapple	1 apple
1 fat	2 Tbs lo-cal dressing	1 tsp olive oil	1 tsp mayo
free foods	unswt tea, diet soda	unswt tea, diet soda	unswt tea, diet soda
DINNER			
2 meat	1 c vegetarian chili	3 oz garden burger	2oz grilled pork chop
1 bread/starch	1 pc cornbread (2x2)	1 wheat roll	½ c corn
2 veg	1 c steamed broccoli	1 c coleslaw	1 c greens
1 fat	1 Tbs diet margarine	1 tsp mayo, in slaw	1 tsp oil, in greens
1 fruit	½ c peaches	1 orange	½ c applesauce
free foods	unswt tea, diet soda	unswt tea, diet soda	unswt tea, diet soda
SNACK			
1 milk	1c 1% milk	1c 1% milk	1 c nonfat yogurt
1 bread	granola bar	3 graham crackers	3 c air popped popcorn Diet Soda
	kcal: 1279	kcal: 1213	kcal: 1172
	Pro: 17%	Pro: 16%	Pro: 22%
	CHO: 66%	CHO: 57%	CHO: 55%
	Fat: 17%	Fat: 27%	Fat: 23%
	Chol: 38mg	Chol: 54mg	Chol: 86mg
	Na: 1010mg	Na: 1420mg	Na: 1296mg

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