



Drop-A-Ton Eating Plan

Brought to you by the Dietitians of University Health Systems

Our eating plan is low in saturated fat, cholesterol and total fat. It emphasizes whole foods like fruits, vegetables, grains, nuts, seeds and foods that have had little processing. It includes low fat milk products, lean meat, fish and poultry. The Drop A Ton Eating Plan can be followed by the whole family, for a lifetime. In scientific studies it has been proven to help people lower their blood pressure, lower their cholesterol, and lose weight. It is safe for people with diabetes. It does not cost a lot of money to follow this eating plan, either. We created sample menus with the foods North Carolinians love.

Want to learn more about the original DASH? Visit www.nhlbi.nih.gov/health/public/heart/hbp/dash

Different food groups are starches, vegetable group, fruit group, dairy group, meat and meat substitutes, and nuts and seeds group. The following list with food groups and individual serving size will help you make wise food choices.

Serving Sizes From Each Food Group

	1200 calorie meal plan	2000 calorie meal plan
Grain Group	4 servings	8 servings
Fruits Group	3 servings	6 servings
Vegetable Group	3 servings	5 servings
Dairy Group	2 servings	3 servings
Meat & Meat Substitutes	2 servings	2 servings
Nuts & Seeds Group	1/2 serving	1/2-1 serving

We hope you will find this eating plan helpful in making choices that will help you meet your goal of a healthy weight.

Our plan uses a traffic light motif:
GREEN foods can be eaten freely.
You need YELLOW foods but you need to be more cautious of the number and size of servings

STARCHES

All starches are considered YELLOW light foods and include whole grains, cereals, and starchy vegetables, such as potatoes, peas and corn. Starches are a good source of energy, fiber, and are naturally low in fat. Be mindful not to increase calories by adding butter, cream or cheese sauces. The number of servings you need depends on how many calories you need per day.

Starches	Serving Size
Bread, whole wheat	1 slice
Roll, whole wheat	1 small (1 oz)
Cereals, whole wheat	
Grape nuts	1/4 cup
Bran cereal	1/2 cup
Shredded wheat	1/2 cup
Grits	1/2 cup
Oats	1/2 cup
Pasta, macaroni, spaghetti, whole wheat, cooked	1/2 cup
Brown rice	1/3 cup
Popcorn, low fat	3 cups
Crackers, whole wheat, no fat added	5 crackers
Beans and peas (garbanzo, pinto, kidney, white, black-eyed)	1/2 cup
Lentils	1/2 cup
Potato	cup
Peas, green	1/2 cup
Corn	1/2 cup

VEGETABLE GROUP

All non-starchy vegetables are GREEN light foods, such as carrots, collards, kale, greens, spinach, artichoke, asparagus, broccoli, onions, tomatoes, okra, mushrooms, zucchini, peppers, cauliflower, etc. These vegetables are chockful of fiber, vitamins and minerals, such as potassium and magnesium. You may use fresh or frozen vegetables. Make sure that the canned vegetables do not have added salt.

Non-Starchy Vegetables	Serving Size
Raw	1 cup
Cooked	1/2 cup
Vegetable juice	6 oz



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FRUIT GROUP

All fruits are GREEN light foods and include fresh fruits, dried fruits, and fruit juice. They provide an excellent source of potassium, magnesium and fiber. Add a glass of orange juice to breakfast to start the day. Remember that grapefruit and grapefruit products can interact with certain medications, so check with your doctor.

Fruits	Serving size
Apples, bananas, kiwi, nectarine, orange	1 small
Plums, tangerines, figs (fresh)	2 small
Apple sauce (unsweetened), apricots	1/2 cup
Canned fruits in their own juice: cherries, fruit, mango, peaches, pears,	1/2 cup
Plums, pineapple, cantaloupe, honeydew, papaya, raspberries	1 cup
Fresh 100% juice (except grape or prune juice)	1/2 cup
Grape juice, prune juice, cranberry cocktail	1/3 cup
Black berries, blue berries, pineapple	3/4 cup
Canned: grape fruit sections, mandarin orange	3/4 cup
Strawberries, watermelon dried figs	1 1/4 cup
Dates, prunes	3 each

DAIRY GROUP

Choose the low-fat or nonfat versions from the dairy group. Milk, yogurt, cheese and other dairy products are the major sources of calcium, magnesium, vitamin D, and protein. If you have lactose intolerance or trouble digesting milk and milk products, you may benefit from over-the-counter products that contain the enzyme lactase, which can reduce or prevent the symptoms of lactose intolerance.

Dairy Products	Serving Size
Skim, 0.5%, 1 %	1 cup
Nonfat, low-fat buttermilk	1 cup
Low-fat chocolate milk	1/2 cup
Sugar free, nonfat or low-fat yogurt	1 cup
Ice cream, sugar free	1/2 cup

MEAT AND MEAT SUBSTITUTES

This group includes beef, poultry, seafood, and cheese (cheese is considered a meat substitute since it does not contain carbohydrate). These foods are rich sources of protein, B vitamins, iron and zinc. Choose lean meat. Trim away skin and fat before cooking. Then broil, grill, roast or poach instead of frying.

Serving Size 3 oz* each

* 3 oz is about the size of a deck of cards or cassette tape

Beef

Ground beef, lean
Roast
Sirloin
Tenderloin

Pork

Tenderloin
Sirloin chop
Loin roast
Loin chop
Sirloin chop

Fish

Mackerel
Lake trout
Herring
Salmon
Catfish
Halibut
Tuna, canned in water

Poultry

Chicken breast
Turkey breast
Cornish hen

Protein Foods

Egg, medium
Cheese, reduced fat

Serving Size

2-3 oz
1 1/2 oz

NUTS AND SEEDS GROUP

This group of foods is rich in magnesium, potassium, protein, and dietary fiber. Choose the unsalted variety.

	Serving Size
Nuts	1 1/2 oz or 1/3 cup
Almonds	
Filberts	
Mixed nuts	
Peanuts	
Peanut butter, reduced fat	
Cashews	
Pecans	
Seeds	1/2 oz or 2 Tbs
Sunflower seeds	
Pumpkin seeds	



Weight Loss Initiative

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1200 Calorie Meal Plan						
Day 1	Day 2	Day 3	Day 4	DAY 5	DAY 6	DAY 7
Breakfast						
1 small banana 1 cup 1% milk 1 biscuit 1 tbs sausage gravy	1 mini whole wheat bagel: 1 tbs low fat cream cheese 1 small banana 1 cup 1% milk	1/2 cup grits 1 small banana 1 cup 1% milk 1 slice whole wheat bread 1 tsp soft (tub) margarine 1/2 cup orange juice	1/2 cinnamon raisin bagel 1 tbs peanut butter 1 cup fruit yogurt, fat-free, - no added sugar 1 medium apple	1 egg cooked with cooking spray 1 English muffin 1 tbs fruit jam 1/2 cup orange juice 1 cup 1% milk	1 granola bar, low-fat 1 small banana 1 cup fruit yogurt, fat free, no sugar added	1 biscuit 1 tbs sausage gravy 1 small orange 1 cup 1% milk
Lunch						
Chef's salad: -2 cups of lettuce, carrot gratings, tomatoes, green peppers, cucumber and celery -1/4 cup sliced eggs (about one egg) 2 tbs salad dressing 1/2 cup macaroni salad 1/4 cup cottage cheese 1/2 cup melon	4 oz Beef and vegetable stir-fry 1/2 cup rice 1/2 cup steamed broccoli 1 small orange	Chicken breast sandwich: -2 slices (3 oz) chicken breast, skinless -1 slice whole wheat bread -1 slice (3/4 oz) cheddar cheese, natural, red. fat -1 large leaf romaine lettuce -2 slices tomato -1 tbs mayonnaise, low-fat 1 cup cantaloupe	Grilled turkey burger: 2 oz turkey 1/2 cup roasted red potatoes 1/2 cup turnip greens 1/2 cup canned peaches - in its own juice 1 tbs almonds or pecans	Ham and cheese sandwich: - 2 oz ham, low-fat, low-sodium - 1 slice (3/4 oz) cheddar cheese, 2%, reduced fat - 1 slice whole wheat bread 1 large leaf romaine lettuce 2 slices tomato 1 tbs mayonnaise, low-fat 1 small apple 1 carrot sticks	4 oz chicken parmigiana 1/2 cup cooked bowties 1 cup herbed zucchini 1 cup tomato basil soup 1/2 cup fruit cocktail, -in its own juice	2 oz Herbed baked chicken 1/2 cup rice pilaf 1 cup vegetable salad 2 tbs low fat ranch dressing 1 cup low fat fruit yogurt
Dinner						
2 oz Roast beef 2 tbs beef gravy, fat-free 1 cup green beans, -sautéed with 1/2 tsp canola oil 1 small baked potato: -1 tbs sour cream, fat-free -1 tbs grated cheddar cheese, 2% reduced fat -1 tbs chives 1 small apple 1 cup 1% milk	1/2 Cup whole wheat spaghetti 3/4 cup spaghetti sauce 3 Tbs Parmesan cheese Spinach salad: -1 cup fresh spinach leaves -1/4 cup fresh carrots, grated -1/4 cup fresh mushrooms, sliced -1 tbs light salad dressing 1/2 cup canned pears -in its own juice	2 oz Lean pork chops 1 cup cooked greens, - sautéed with 1/2 tsp in canola oil 2" square corn bread 1/2 cup unsweetened apple sauce	Chicken and rice: -2 oz chicken breast (no skin) - 2 tbs reduced calorie dressing 1/2 cup steamed spinach, - cooked with 2 tsp canola oil with 1 tbs slivered almonds 1 cup steamed carrots 1/3 cup brown/wild rice 1 tsp soft tub margarine	2 oz Beef stew -1 small baked potato: -1 tbs sour cream, fat-free -1 tbs cheddar cheese, 2% reduced fat, grated -1 cup collard greens, sautéed with: 1 tsp canola oil 1 1/4 cup cubed water melon	Mini pizza: -1 oz Canadian bacon -1 oz mozzarella -1/4 cup mushrooms -1/2 cup tomato sauce -2 pita halves or 2 tortilla 1 small apple	2 oz Broiled hamburger 1/2 cup mashed potatoes 1 cup steamed broccoli 1/4 cup grated cheddar cheese 2% reduced fat 1/2 cup canned pineapple chunks, in its own juice
Snack						
1/3 cup almonds, unsalted 1/2 cup fruit yogurt, fat-free -no sugar added	1/3 cup unsalted almonds or peanuts 1 cup fruit yogurt, -fat-free, no sugar added	1 cup fruit yogurt - fat-free, no added sugar. 2 large graham cracker	1/3 cup unsalted almonds 1/4 cup apricots 1 cup 1% milk	1 cup fruit yogurt, -fat-free, no added sugar 2 tbs sunflower seeds	2 tbs peanuts, unsalted 1 cup 1% milk, low-fat	1/3 cup almonds, unsalted 1/4 cup dry raisins



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2000 Calorie Meal Plan						
Day 1	Day 2	Day 3	Day 4	DAY 5	DAY 6	DAY 7
Breakfast						
1 cup Plain cheerios 1 small banana 1 cup 1% milk 2" biscuit 1 tbs sausage gravy 4 oz orange juice	1/2 cup instant oatmeal 1 mini whole wheat bagel: - 1 tbs peanut butter 1 medium banana 1 cup 1% milk	1 cup grits 1 medium banana 1 cup 1% milk 1 slice whole wheat bread: -1 tsp soft (tub) margarine 4 oz orange juice	1/2 cinnamon raisin bagel -1 tbs peanut butter 1 cup fruit yogurt - fat-free, no added sugar 1 medium apple 1/2 cup grape juice	1 egg cooked with cooking spray (or 2 whites/one yolk) 1 English muffin 1 tbs fruit jam 4 oz orange juice 1 cup 1% milk	1 granola bar, low-fat 1 medium banana 1/2 cup fruit yogurt, - fat-free, no sugar added 4 oz orange juice 1 cup 1% milk	1 biscuit 1 tbs sausage gravy 1 medium orange 1 cup 1% milk 1 cup fruit yogurt - fat-free, no sugar added
Lunch						
3 oz BBQ chicken breast 1 cup cauliflower with roasted garlic 1/2 cup peas 1 dinner roll 1/2 cup cottage cheese 1/2 cup fruit cocktail -in its own juice	8 oz Beef/vegetable stir-fry 1/2 cup rice 1 cup steamed broccoli 3/4 cup canned pineapple, - in its own juice	Chicken breast sandwich: - 2 slices (3 oz) chicken breast, skinless - 2 slices whole wheat bread - 1 slice (1 oz) cheddar cheese, natural, red. fat - 1 large leaf romaine lettuce - 2 slices tomato -1 tbs mayonnaise, low-fat 1 cup cantaloupe	Grilled turkey burger: - 3 oz grilled turkey - 1 whole wheat bun 1/2 cup roasted red potatoes 1/2 cup turnip greens 1/2 cup cottage cheese, low-fat 1/2 cup canned peaches - in its own juice 1 tbs almonds or pecans	Ham and cheese sandwich: - 2 oz ham, low-fat, low-sodium" -1 slice (3/4 oz) cheddar cheese, 2%, reduced fat -2 slices whole wheat bread -1 large leaf romaine lettuce - 2 slices tomato - 1 tbs mayonnaise, low-fat 1 cup green beans 1 1/4 cup cubed water melon	6 oz Chicken parmigiana 1/2 cup cooked bowties 1 cup herbed zucchini 1 cup tomato basil soup 1 whole wheat roll 1/2 cup fruit cocktail - in its own juice	3/4 cup chicken salad 6 wheat crackers 1 cup beets 1/2 cup pudding 1 cup grapes
Dinner						
3 oz Roast beef 2 Tbs beef gravy, fat-free 1 cup green beans, sautéed with: -1/2 tsp canola oil 1 small baked potato: - 1 tbs sour cream, fat-free - 1 tbs grated cheddar cheese, 2% reduced fat - 1 tbs chives 1 small whole wheat roll: -1 tsp soft (tub) margarine 1 small apple 1 cup 1% milk	1 cup whole wheat spaghetti 3/4 cup spaghetti sauce 3 Tbs Parmesan cheese Spinach salad: -1 cup fresh spinach leaves - 1/4 cup fresh carrots, grated cup fresh mushrooms, sliced - 1 tbs light salad 1/2 dressing cup corn, cooked 1/2 cup canned pears - in its own juice	3 oz Lean pork chops 1 cup cooked greens, - sautéed with 1 tsp canola oil 2" square corn bread 1/2 cup corn 1/2 cup unsweetened apple sauce 1/4 cup raisins	Chicken and rice: -3 oz chicken breast skinless -2 tbs reduced calorie dressing 1/2 cup steamed spinach, cooked with 2 tsp canola oil with 1 tbs slivered almonds 1 cup steamed carrots 2/3 cup brown/wild rice 1 small wheat roll 1 tsp soft tub margarine 1 medium orange	3 oz Beef stew -1 small baked potato: -1 tbs sour cream, fat-free -1 Tbs cheddar cheese, 2% reduced fat, grated - 1 cup collard greens, sautéed with: 1 tsp canola oil 1 small whole wheat roll 1 medium peach	Mini pizza: -2 oz Canadian bacon -1 oz mozzarella -1/4 cup mushrooms -1/2 cup tomato sauce -2 pita halves or 2 tortilla 1 medium apple	2 oz Broiled hamburger -1 whole wheat bun 1/2 cup mashed potatoes 1 cup steamed broccoli 1/4 cup grated cheddar cheese, 2% reduced fat 1 cup canned pineapple chunks, in its own juice
Snack						
1/3 cup almonds, unsalted 1/4 cup raisins 1/2 cup fruit yogurt -fat-free, no sugar added	1/3 cup unsalted almonds or peanuts 1/4 cup dried apricots 1 cup fruit yogurt, - fat-free, no sugar added	1 tbs sunflower seeds, - unsalted 2 large graham cracker rectangles: 1 tbs peanut butter	1/3 cup unsalted almonds 1 cup apple juice 1/4 cup apricots 1 cup 1% milk	1 cup fruit yogurt -fat-free, no added sugar 6 whole wheat crackers 2 Tbs sunflower seeds	2 Tbs peanuts, unsalted 1 cup 1% milk, low-fat 1/4 cup dried pineapple	1/3 cup almonds, unsalted 1/4 cup raisins 6 whole wheat crackers



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The dietitians and food service managers of UHS hope this brochure will help you 'Eat Smart'

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My Eating Plan						
sunday	monday	tuesday	wednesday	thursday	friday	saturday
breakfast						
lunch						
dinner						
snack						