

# 1800 Calories Per Day

## One-Day Sample

Allowed Food Group Exchanges	Menu	Food Group
<b>Breakfast</b>		
3 breads 1 fruit 1 milk 1 fat Free	1 whole English muffin 3/4 c. corn flakes 1/2 c. orange juice 1 c. skim milk 1 tsp. margarine coffee, tea, sugar substitute	2 breads 1 bread 1 fruit 1 milk 1 fat Free
<b>Lunch</b>		
3 breads 3 meats 1 vegetable 1 fruit 1 fat Free	<b>Turkey Sandwich</b> 2 slices whole wheat bread 3 oz. roasted turkey breast 1 leaf lettuce 1 tsp. mustard <b>Tossed Salad</b> 1 cup lettuce & cucumbers 1 med. tomato 1 tblsp. salad dressing 1 small peach 6 vanilla wafers tea, sugar substitute	2 breads 3 meats Free Free Free 1 vegetable 1 fat 1 fruit 1 bread Free
<b>Dinner</b>		
3 breads 3 meats 2 vegetables 1 fruit 1 milk 2 fats Free	3 oz. lean roast beef 1 small baked potato 2 tblsp. sour cream 1c. broccoli, steamed 1/2 c. carrots, steamed 1 dinner roll / 1 tsp. margarine 1/3 c. crushed pineapple 1 c. skim milk 3/4 c. sugar free gelatin tea, sugar substitute	3 meats 1 bread 1 fat 1 vegetable 1 vegetable 1 bread / 1 fat 1 fruit 1 milk Free Free
<b>Snack</b>		
1 fruit	1/3 cantaloupe	1 fruit

## Daily Checklist

Use this checklist to keep track of your daily food consumption. When you consume a food from a certain group check a circle for that day.

Day One		Day Two	
Breads (9) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (6) ○○○○○○○	Breads (9) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (6) ○○○○○○○
Fruits (4) ○○○○○	Fats (4) ○○○○○	Fruits (4) ○○○○○	Fats (4) ○○○○○
Milks (2) ○○○	Vegetables (3) ○○○	Milks (2) ○○○	Vegetables (3) ○○○
Day Three		Day Four	
Breads (9) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (6) ○○○○○○○	Breads (9) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (6) ○○○○○○○
Fruits (4) ○○○○○	Fats (4) ○○○○○	Fruits (4) ○○○○○	Fats (4) ○○○○○
Milks (2) ○○○	Vegetables (3) ○○○	Milks (2) ○○○	Vegetables (3) ○○○
Day Five		Day Six	
Breads (9) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (6) ○○○○○○○	Breads (9) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (6) ○○○○○○○
Fruits (4) ○○○○○	Fats (4) ○○○○○	Fruits (4) ○○○○○	Fats (4) ○○○○○
Milks (2) ○○○	Vegetables (3) ○○○	Milks (2) ○○○	Vegetables (3) ○○○
Day Seven			
Breads (9) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (6) ○○○○○○○		
Fruits (4) ○○○○○	Fats (4) ○○○○○		
Milks (2) ○○○	Vegetables (3) ○○○		



# LOW FAT LOW CHOLESTEROL DIET



1800  
CALORIES

## Tips

**Avoid Saturated Fats** - replace with polyunsaturated or monounsaturated fats.

**Saturated Fats** - meat, poultry, whole milk dairy products, coconut oil, palm oil and cocoa butter.

**Polyunsaturated Fats** - sunflower oil, safflower oil, corn oil, vegetable oil and soybean oil.

**Monounsaturated Fats** - olive oil, canola (rapeseed) oil.

**Avoid Hydrogenated Oils** - more solid and saturated than regular vegetable oils.

**Limit eggs yolks** to 2-3 per week. Two egg whites can be used in baking.

**Choose as many meats** from the Lean Meat column as possible. Remove skin and trim visible fat off meat. Bake, broil, roast or grill instead of frying and set meats on a rack when cooking to allow fat to drip off meat.

**Limit liver** to one 3 oz. serving per month as it is high in cholesterol but a good source of iron.

**Choose skim milk** and nonfat dairy products.

**Total milligrams of cholesterol** in sample meal plan is 185 mg and 30% of calories are from fat.

**Limit salt intake** for sodium restricted diets.

## Fruits, Juices, Vegetables & Milk

### Fruits

- 1 small: apple, kiwi, pear, orange, nectarine, peach
- 1/2 banana
- 1/2 grapefruit
- 15 small grapes
- 2 plums
- 1-1/4 c. strawberries or watermelon
- 1/8 med. size honeydew melon
- 1/3 cantaloupe
- 3/4 c. blackberries, blueberries
- 12 large raw cherries
- 3/4 c. raw pineapple
- 1/3 c. canned pineapple
- 1/2 c. canned, unsweetened fruits

### Juices

- 1/2 c. of the following: apple or apple cider, orange, grapefruit, pineapple, vegetable
- 1/3 c. of the following: cranberry, grape, prune

### Vegetables

The serving sizes for vegetables are:

- 1/2 c. cooked vegetables
- 1 c. raw vegetables



*Starchy vegetables are counted as a bread and are found under the "Breads & Starches" list.*

*Free vegetables are great to snack on and can be found under the "Free Foods" list.*

### Milk

- 1 c. milk: skim, 1/2%, 1%, 2%, lowfat, buttermilk, whole
- 8 oz. yogurt: plain, nonfat, lowfat, whole
- 1/2 c. evaporated milk: skim or whole

## Meats, Fish, Poultry & Dairy

### Low Fat

- 1 oz. USDA "select" or "choice" grades of lean beef such as top loin steaks, round & tenderloin
- 1 oz. chicken or turkey (without skin)
- 1 oz. Canadian bacon, lean pork & tenderloin
- 1 oz. veal
- 1 oz. fish (fresh or frozen)
- 1/4 c. tuna in water
- 2 oz. crab, lobster, shrimp or clams; fresh or in water
- 6 medium oysters
- 3 egg whites or 1/2 c. egg substitute: 55 calories/4 oz.
- 1 oz. 95% fat free lunch meat
- 1 oz. diet cheese: 55 calories/oz.
- 2 tblsp. parmesan cheese
- 1/4 c. cottage cheese

### Medium Fat

- 1 oz. most beef products such as ground beef, roast and steak
- 1 oz. chicken or turkey (with skin)
- 1 oz. most pork products such as chops, roasts & cutlets
- 1 oz. most lamb products
- 1/4 c. tuna in oil
- 1/4 c. canned salmon

- 1 whole egg
- 1/4 c. egg substitute: 55-80 calories per 1/4 oz.
- 1 oz. lunch meat: 86% fat free
- 1 oz. liver, heart, kidney
- 1 oz. diet cheese: 55-80 calories/oz.
- 1 oz. skim or part-skim mozzarella & ricotta cheese

### High Fat

- 1 oz. USDA "prime" grades of beef such as ribs
- 1 oz. pork sausage, spareribs & ground pork
- 1 oz. fried fish
- 1 oz. Polish bratwurst or Italian sausage
- 1 frankfurter (chicken or turkey)
- 1tblsp. peanut butter



## Fats

### Saturated

- 1 tsp. butter
- 1 strip bacon
- 2 tsp. coconut
- 4 tsp. coffee creamer, powder
- 2 tblsp. cream; light or coffee
- 2 tblsp. sour cream
- 1 tblsp. cream cheese

### Unsaturated

- 1/8 med. avocado
- 1 tsp. margarine or mayonnaise
- 1 tsp. oil: corn, olive, safflower, sunflower
- 2 tblsp. salad dressing: mayo type
- 1 tblsp. salad dressing: oil type
- 1 tblsp. regular dressing
- 2 tblsp. reduced calorie dressing
- 1 tblsp. diet margarine or mayonnaise

## Breads & Starches

### Breads (1 oz.)

- 1/2 bagel
- 1 slice bread: white, rye, wheat, French
- 1/2 English muffin
- 1/2 hamburger bun
- 1/2 pita (6" across)
- 1 small roll

### Cereals (unsweetened)

- 1/2 c. flaked bran
- 1/2 c. cooked oatmeal
- 3 tblsp. grape nuts
- 3/4 c. ready-to-eat
- 1-1/2 c. puffed rice or wheat

### Crackers/Snacks

- 8 animal crackers
- 3 graham crackers, 2-1/2" square
- 3 c. plain popped popcorn
- 3/4 oz. pretzels
- 6 saltine crackers
- 6 vanilla wafers

### Miscellaneous

- 1/3 c. cooked beans, peas, lentils
- 1/2 c. cooked pasta

### Starchy Vegetables

- 1/2 c. corn
- 1/2 c. green beans
- 1/2 c. lima beans
- 1 small baked potato
- 1/2 c. mashed potatoes
- 1/3 c. plain sweet potatoes
- 1 c. winter squash



## Free Foods

*Free foods are low in calories (<20 calories/serving) and you can eat as much of them as you want, unless otherwise indicated.*

### Condiments

- unsweetened pickles
- 1 tblsp. ketchup or mustard
- 2 tblsp. low cal. salad dressing
- 3 tblsp. taco sauce

### Drinks

- bouillon (no fat)
- coffee/tea, club soda
- sugar free soda & drink mixes

### Fruits

- 1/2 c. unsweetened cranberries

### Vegetables (1 cup raw)

- cabbage, celery, cucumbers, endive, green onion, hot pepper, lettuce, mushrooms, radishes, romaine lettuce, spinach, zucchini

### Sugar Substitutes (ALL sugar free)

- Sweet'n Low® or Equal®
- hard candy & gum, gelatin, jam or jelly
- 1-2 tblsp. pancake syrup
- 2 tblsp. whipped topping