

2200 Calories Per Day One-Day Sample

Allowed Food Group Exchanges	Menu	Food Group
Breakfast		
3 breads 2 fruit 1 milk 1 fat Free 1 meat	1 whole English muffin 3/4 c. corn flakes 1 c. orange juice 1 c. skim milk 1 tsp. margarine Coffee, tea, sugar substitute 1 oz. Canadian bacon	2 breads 1 bread 2 fruit 1 milk 1 fat Free 1 meat
Lunch		
1 fat 3 breads 3 meats 1 vegetable 1 fruit 1 fat Free	Turkey Sandwich 2 slices whole wheat bread 3 oz. roasted turkey breast 1 leaf lettuce 1 tsp. mustard 1 tsp. mayonnaise Tossed Salad 1 cup lettuce & cucumbers 1 med. tomato 1 Tbsp. salad dressing 1 small peach 6 vanilla wafers Tea, sugar substitute	2 breads 3 meats Free Free 1 fat Free 1 vegetable Free 1 fat 1 fruit 1 bread Free
Dinner		
3 breads 3 meats 3 vegetables 1 fruit 1 milk 2 fats Free	3 oz. lean roast beef 1 small baked potato 2 Tbsp. sour cream 1 c. broccoli, steamed 1 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 2 vegetable 1 bread / 1 fat 1 fruit 1 milk Free Free
Snack		
1 fruit 1 bread 1 milk	1/3 cantaloupe 8 animal crackers 8 oz. yogurt	1 fruit 1 bread 1 milk

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 (10) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (7) ○○○○○○○	Breads (10) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (7) ○○○○○○○
Fruits (5) ○○○○○	Fats (5) ○○○○○	Fruits (5) ○○○○○	Fats (5) ○○○○○
Milks (3) ○ ○ ○	Vegetables (4) ○○○○	Milks (3) ○ ○ ○	Vegetables (4) ○○○○
Day Three		Day Four	
Breads (10) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (7) ○○○○○○○	Breads (10) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (7) ○○○○○○○
Fruits (5) ○○○○○	Fats (5) ○○○○○	Fruits (5) ○○○○○	Fats (5) ○○○○○
Milks (3) ○ ○ ○	Vegetables (4) ○○○○	Milks (3) ○ ○ ○	Vegetables (4) ○○○○
Day Five		Day Six	
Breads (10) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (7) ○○○○○○○	Breads (10) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (7) ○○○○○○○
Fruits (5) ○○○○○	Fats (5) ○○○○○	Fruits (5) ○○○○○	Fats (5) ○○○○○
Milks (3) ○ ○ ○	Vegetables (4) ○○○○	Milks (3) ○ ○ ○	Vegetables (4) ○○○○
Day Seven			
Breads (10) ○○○○○ ○○○○○	Meats, Fish, Poultry & Dairy (7) ○○○○○○○		
Fruits (5) ○○○○○	Fats (5) ○○○○○		
Milks (3) ○ ○ ○	Vegetables (4) ○○○○		



LOW FAT LOW CHOLESTEROL DIET



2200
CALORIES

HealthPlus
OF MICHIGAN

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 Tbsp. 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)
- 1 Tbsp. peanut butter



Fats

Saturated

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

Unsaturated

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

Starchy Vegetables

- 1/2 c. corn
- 1/2 c. green peas
- 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 Tbsp. ketchup or mustard
- 2 Tbsp. low cal. salad dressing
- 3 Tbsp. taco sauce

Drinks

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

Fruits

- 1/2 c. unsweetened fresh cranberries

Vegetables (1 cup raw)

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

Sugar Substitutes (ALL sugar free)

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