



The sample menu below is an example of how to include your food requirements in a day's meals and snacks. Remember, when you plan meals, choose healthy foods that you and your family will enjoy and that will fit into your food budget.

Sample 2200 Calorie Menu

BREAKFAST

1 starch/bread	1 slice whole grain wheat toast
2 meats	2 eggs or 2 TBSPs peanut butter
1 fat	1 tsp margarine

MORNING SNACK

1 starch/bread	5-6 crackers
1 meat	1 TBSP peanut butter or 1 oz. cheese

LUNCH

2 starches/breads	2 tortillas
2 meats	1/2 cup tuna
2 vegetables	1 cup raw carrot sticks/tomato slices/lettuce
1 fruit	1 apple
1 milk	1 cup 1% or skim
2 fat	2 TBSPs light mayonnaise

AFTERNOON SNACK

1 starch/bread	3 cups popped popcorn
1 meat	1 oz. cheese
1 milk	6-8 oz. yogurt (low-fat, artificially sweetened or plain)

DINNER

2 starches/breads	1 small baked potato and 1 small whole wheat dinner roll
3 meats	3 oz. chicken breast
2 vegetables	1/2 cup cooked broccoli and small dinner salad
1 fruit	1/2 cup unsweetened sliced peaches
1 milk	1 cup 1% or skim
2 fats	1 tsp margarine and 1 TBSP salad dressing

EVENING SNACK

1 starch/bread	3 graham cracker squares
2 meats	1/2 cup low fat cottage cheese