



Instructions for using the Meal Plan and Daily Food Checklist:

1. Start by selecting your calorie level based on the below chart. For example, if you would like to maintain your body weight, find your weight range in column 2 and use the recommended calorie level in column 1. If you would like to lose weight, select your weight from the ranges in column 3 and be sure to follow the calorie level recommended in column 1.
2. Once you have determined your calorie level, use the "Daily Food Checklist" to aim for the correct number of servings from each food group.

One serving = 1 box on your "Daily Food Checklist" sheet.

When you have one serving, as identified on the "Quick Reference for Food Groups & Choices," check off a box on your "Daily Food Checklist" and continue selecting foods for meals and snacks based on what's left. The goal's to have all of your servings/boxes used each day but preferably no more servings/boxes than provided for your calorie level. Make enough copies of a blank "Daily Food Checklist" sheet so that you'll have one for each week of your weight loss program.

3. When eating combination foods, read food labels to identify the number of servings from each food group.

Calorie level recommendations

Column 1	Column 2	Column 3
Calorie level*	Recommended for maintenance of the following weight ranges	Recommended for weight loss at the following weight ranges
1,200		Less than 110 pounds
1,400	Less than 100 pounds	110 - 130 pounds
1,600	100 -120 pounds	131 - 165 pounds
1,800	121 -135 pounds	166 -195 pounds
2,000	136 -160 pounds	196 -235 pounds
2,200	161 -190 pounds	236 -260 pounds
2,400	Over 190 pounds	Over 260 pounds

The amount of nutrients in 1 serving from each group

Food group	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Calories
Grains Starch: breads, cereals, and grains, starchy vegetables, crackers, snacks, and beans, peas, and lentils	15	0-3	0-1	80
Fruits	15	-	-	60
Milk Fat-free, low-fat, 1% Reduced-fat, 2% Whole	12 12 12	8 8 8	0-3 5 8	100 120 160
Non-starchy vegetables	5	2	-	25
Meat Lean Medium-fat High-fat	- - -	7 7 7	0-3 4-7 8+	45 75 100
Fats	-	-	5	45

Using food labels

When reading a food label, mark your Daily Food Checklist by using the following guidelines.

15g carbohydrate* = 1 grain serving

10-20g = 1 grain

25-35g = 2 grain

40-50g = 3 grain

**Note: Don't use label reading for dairy, fruit or non-starchy vegetables, use the other side of this page as a reference for serving sizes.*

7g protein = 1 protein serving

5g total fat = 1 fat serving

Sample menu for 1,600 calories

Breakfast

1 cup blueberries = 1 fruit serving
 ¾ cup cornflakes = 1 grain serving
 1 cup skim, ½% or 1% fat milk = 1 milk serving
 Coffee

Lunch

Turkey sandwich
 2 ounces turkey = 2 protein servings
 2 slices bread = 2 grain servings
 1 tablespoon reduced fat mayonnaise = 1 fat
 1 small peach = 1 fruit serving
 1 cup carrots = 1 vegetable serving
 Unsweetened ice tea

Afternoon Snack

6 ounces (⅔ cup) low-fat yogurt = 1 milk serving
 1 cup of raw vegetables = 1 vegetable serving (broccoli, cucumber, red pepper)

Dinner

1 cup skim, ½% or 1% fat milk = 1 milk serving
 4 ounces chicken breast = 4 protein servings
 1 medium baked potato (6 ounces) = 2 grain servings
 3 tablespoons low-fat sour cream = 1 fat serving
 Salad:
 2 cups lettuce = 1 vegetable serving
 1 cup mixture of green peppers, tomatoes, onions = 1 vegetable serving
 2 tablespoons reduced-fat salad dressing = 1 fat
 1 cup strawberries = 1 fruit
 Non-caloric beverage

Evening Snack

1 small apple = 1 fruit serving
 3 cups non-fat popcorn = 1 grain serving
 Diet pop

Food groups	Number of servings for 1,600 calories
Milk	3
Fruit	4
Vegetable	4
Protein	6
Grain	6
Fat	3

Quick reference for food groups and choices

Choose the number of servings from each group for the calorie level of your meal plan.

*Grain

- ½ cup cooked cereals
- ¾ cup unsweetened cereals
- ⅓ cup beans and peas, cooked (kidney, white, split, black-eyed)
- ⅓ cup lentils, cooked
- ¼ cup baked beans
- ½ cup corn
- ½ cup peas, green (canned or frozen)
- 1 small potato, baked (3 ounces)
- ½ cup potato, mashed
- 1 cup squash, winter (acorn, butternut)
- ⅓ cup pasta, cooked
- ⅓ cup rice (white or brown), cooked
- ½ cup wild rice, cooked
- ½ bagel (1 ounce)
- ½ English muffin
- ½ Frankfurter or hamburger bun (1 ounce)
- ½ pita, 6 inches
- 1 slice bread (1 ounce)
- 8 animal crackers
- 3 cups popcorn (popped, no fat added)
- ¾ ounce pretzels (about 10 small twists)
- 6 saltine-type crackers

Protein

- 1 ounce of chicken, fish, beef, pork
- ¼ cup cottage cheese
- 1 whole egg
- 2 egg whites
- 1 ounce cheese
- 4 ounces or ½ cup tofu
- 1 ½ ounces soy-based “sausage patties”
- ½ cup edamame
- 1 tablespoon peanut butter

See the American Heart Association’s website Healthy Living section for more diet tips and recommendations.
Americanheart.org**

Fat

- 1 teaspoon butter
- 1 teaspoon margarine
- 1 teaspoon oil
- 6 almonds (dry roasted)
- 6 cashew
- 6 pecans
- 1 ½ teaspoons peanut butter
- 1 tablespoon seeds
- 2 tablespoons half and half
- 3 tablespoons low-fat sour cream
- 2 tablespoon low-fat salad dressing
- 1 tablespoon reduced-fat mayonnaise

Milk

- 1 cup milk (skim, ½% or 1%)
- ⅔ cup (6 ounces) yogurt (nonfat or low fat)

Fruit

- 1 small piece of fresh fruit (4 ounces)
- 2 tablespoons dried fruit
- 1 cup melon
- 1 cup berries
- ½ cup canned fruit or juice

Vegetable - non-starchy

- ½ cup cooked
- 1 cup raw
- 2 cups leafy

Serving estimator

- 3 ounces potato = size of a computer mouse
- ½ cup = size of the bulb part of a lightbulb
- 1 small piece of fruit = size of a baseball
- 1 tablespoon = size of a thumb tip
- 1 ounce meat = size of 1 thin slice of deli meat
- 1 ounce cheese = size of two 9 volt batteries

*Use of labels is more accurate than general estimates from the grain list. Use labels when possible, see Table 2.

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Daily Food Checklist

Choose calorie level column and check boxes to track number of servings eaten each day of the week.

		1,200 calories	1,400 calories	1,600 calories	1,800 calories	Intake log
Monday	Milk	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Daily Food Checklist

Choose calorie level column and check boxes to track number of servings eaten each day of the week.

		2,000 calories	2,200 calories	2,400 calories	Intake log	
Monday	Milk	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
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