

Menu Ideas

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 1	<ul style="list-style-type: none"> ■ orange juice (8 ounces) ■ cold cereal (1 cup) ■ toast with jelly (1 slice) ■ tub margarine (1 tsp.) ■ skim milk (8 ounces) ■ coffee or tea 	banana	<ul style="list-style-type: none"> ■ fresh turkey sandwich, no salt, 2 slices of bread ■ lettuce, tomato ■ tossed salad, low-sodium dressing (1 Tbsp.) ■ low-fat mayonnaise (1 Tbsp.) ■ diet pop 	frozen yogurt	<ul style="list-style-type: none"> ■ roast beef (3 ounces) ■ low-sodium gravy (1 Tbsp.) ■ medium baked potato ■ tub margarine (1 Tbsp.) ■ green beans (1 cup) ■ skim milk (8 ounces) 	sherbet (1 cup)
Day 2	<ul style="list-style-type: none"> ■ apple juice ■ oatmeal (1 cup) ■ blueberries (½ cup) ■ toast with jelly (1 slice) ■ tub margarine (1 tsp.) ■ skim milk (8 ounces) ■ coffee or tea 	low-sodium crackers (3 to 5)	<ul style="list-style-type: none"> ■ tossed salad (2 cups) with low-sodium dressing (1 Tbsp.) ■ melon ■ low-sodium tuna (3 ounces) ■ bread (2 slices) ■ low-fat mayonnaise (1 Tbsp.) 	fruit cocktail	<ul style="list-style-type: none"> ■ broiled walleye (4 ounces) ■ corn on the cob (1) ■ baby carrots (1 cup) ■ noodles, no salt (1 cup) ■ tub margarine (1 tsp.) ■ skim milk (8 ounces) 	angel food cake (1 slice) with strawberries (½ cup)
Day 3	<ul style="list-style-type: none"> ■ orange juice (1 cup) ■ egg omelet (2 eggs) ■ toast with jelly (1 slice) ■ tub margarine (1 tsp.) ■ skim milk (8 ounces) ■ coffee or tea 	Jell-O®	<ul style="list-style-type: none"> ■ grilled chicken (2 ounces) ■ bread (1 slice) ■ macaroni salad (homemade) ■ low-fat mayonnaise (1 Tbsp.) ■ vegetables (1 cup) ■ diet pop 	low-sodium pretzels	<ul style="list-style-type: none"> ■ lean hamburger (3 ounces) ■ bun (½) ■ baked fries with Mrs. Dash® (20 fries) ■ asparagus (4 spears) ■ skim milk (8 ounces) 	Nilla Wafers® (8)

Menu Ideas

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 4	<ul style="list-style-type: none"> ■ grapefruit juice (4 ounces) ■ raisin bagel (one-half) ■ cream cheese (1 Tbsp.) ■ skim milk (4 ounces) ■ coffee or tea 	yogurt (8 ounces)	<ul style="list-style-type: none"> ■ low-sodium tuna (2 ounces) ■ bread (2 slices) ■ low-fat mayonnaise (1 Tbsp.) ■ lettuce, tomato ■ low-sodium crackers (3 to 5) ■ raw vegetables (1 cup) ■ low-sodium V-8® (6 ounces) 	orange	<ul style="list-style-type: none"> ■ pork chop (4 ounces) ■ applesauce (½ cup) ■ new potatoes (4) ■ tub margarine (2 tsp.) ■ tossed salad (2 cup) ■ low-sodium dressing (1 Tbsp.) ■ spinach (1 cup) ■ skim milk (4 ounces) 	2 cookies (2-inch diameter)
Day 5	<ul style="list-style-type: none"> ■ cranberry juice (½ cup) ■ English muffin (one-half) ■ tub margarine (1 tsp.) ■ cold cereal (1 cup) ■ skim milk (4 ounces) ■ coffee or tea 	pine-apple chunks (1 cup)	<ul style="list-style-type: none"> ■ grilled cheese with Alpine Lace® cheese (1 ounce) and bread ■ low-sodium soup (1 cup) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) ■ fruit juice (½ cup) ■ skim milk (4 ounces) 	melon (quarter of a whole)	<ul style="list-style-type: none"> ■ herbed chicken (4 ounces) ■ mashed potatoes (1 cup) ■ tub margarine (1 tsp.) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) ■ skim milk (4 ounces) 	fruit shake (4 ounces milk and ½ cup fruit)
Day 6	<ul style="list-style-type: none"> ■ grapefruit (one-half) ■ low-sodium pancakes: homemade with low-sodium baking powder (4 medium) ■ syrup (2 Tbsp.) ■ skim milk (8 ounces) ■ coffee or tea 	light popcorn (2 cups)	<ul style="list-style-type: none"> ■ seafood salad with low-sodium tuna (3 ounces) ■ low-fat mayonnaise (4 tsp.) ■ pita pocket (6 ounces) ■ mixed greens (1 cup) ■ sodium-free crackers ■ diet pop ■ skim milk (4 ounces) 	kiwi (1)	<ul style="list-style-type: none"> ■ spaghetti, no salt (2 cups) ■ low-sodium sauce (1 cup) ■ French bread (1 slice) ■ tub margarine (2 tsp.) ■ broccoli (1 cup) ■ salad (2 cups) with low-sodium dressing (2 Tbsp.) ■ skim milk (4 ounces) 	frozen yogurt (1 cup)

Menu Ideas

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Day 7	<ul style="list-style-type: none"> fruit cup (½ cup) French toast (1 slice) syrup (1 Tbsp.) skim milk (8 ounces) coffee or tea 	rice cakes (2)	<ul style="list-style-type: none"> peanut butter (1 Tbsp.) and jelly (1 Tbsp.) sandwich (2 slices bread) low-sodium crackers or chips salad (2 cups) with low-sodium dressing (1 Tbsp.) iced tea 	2 cookies (3-inch diameter)	<ul style="list-style-type: none"> fresh turkey with no salt 4 ounces and low-sodium gravy (2 ounces) brown rice (2/3 cup) vegetables (1 cup) cranberry sauce (½ cup) tub margarine (1 tsp.) skim milk (8 ounces) 	low-sodium pudding (½ cup)

Ingredient Swaps To Try

instead of...	eat...
ham	baked or grilled pork chops
dark turkey meat (leg, thigh)	light turkey meat (breast)
green bean casserole	green beans steamed with dry onion flakes
regular turkey gravy	herb/spice seasoned turkey gravy (seasoned with herbs/spices and no added fat)
mashed potatoes (whole milk/cream and butter)	baked potato
bread stuffing	vegetable, cranberry, walnut wild rice stuffing: Make rice according to direction but add an additional ½ cup to 1 cup water to hydrate the cranberries and cook the vegetables and rice. Season with sage, fresh chopped parsley, black pepper or other herbs/spices.
candied sweet potatoes	fresh sweet potatoes (yams): Peel and cook sweet potatoes until just tender. Put in a baking dish. Mix and pour: ¼ cup honey, 1 teaspoon cinnamon, ¼ teaspoon nutmeg, 1 tablespoon melted margarine or butter, 2 teaspoon cornstarch and 2/3 cup low-sodium vegetable broth. Bake for 30 minutes in a 350 degree oven.

How To Read Food Labels

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source of labels: U.S. Food and Drug Administration

1. Serving information:

This is the number of servings and the serving size. This recommendation is based on the typical amount people eat.

2. Calories:

This is a measure of energy provided by food. Your calorie needs may be higher or lower than the label. This depends on your age, sex, height, weight and physical activity.

3. Nutrients:

Eat less saturated fat, sodium and added sugars. Eat more dietary fiber, vitamin D, calcium, iron and potassium.

4. Percent (%) daily value:

This number tells you if a serving is low or high in the listed nutrients. In general:

- 5% or less is low in the nutrient
- 20% or more is high in the nutrient.

Follow the guidelines under "nutrients" for which foods to eat less and eat more.