

## Combination Foods

### 1 carbohydrate serving (15 grams/serving)

1 cup	Casserole	2 carbs
1 cup	Macaroni and Cheese	2 carbs
1 cup	Chili with Beans	2 carbs
1 slice	Cheese Pizza, thin crust ( 1/4 of 12 inch-also counts as 2 protein)	2 carbs
1 cup	Soup: Bean Split pea* Tomato* Vegetable Chicken noodle	1 carb

\*made with water

### Food for Occasional Use

### 1 carbohydrate serving (15 grams/ serving)

1 Tbsp.	Fruit Spread	1 carb
1/12 <sup>th</sup> cake	Angel Food Cake	2 carbs
2 small	Cookies	1 carb
2 in square	Cake, no icing	2 carbs
1	Granola Bar	1-2 carb
1/2 cup	Ice Cream, low-fat or sugar-free	1 carb
1/4 cup	Sherbet	1 carb
1/3 cup	Frozen Yogurt	1 carb
2 Tbsp.	Syrup, light	1 carb
1/2 cup	Pudding, sugar-free	1 carb



## Vegetable List

### (5 grams of carbohydrate per 1 cup raw or 1/2 cup cooked)

Artichoke	Lettuce
Asparagus	Mushrooms
Bamboo Shoots	Onion
Beans (green, wax, Italian)	Pea Pods
Bean Sprouts	Peppers
Beets	Radishes
Broccoli	Spinach
Brussels Sprouts	Squash, summer
Cabbage	Tomato
Carrots	Tomato Juice🥤
Cauliflower	Turnips
Celery	V-8 Juice🥤
Cucumbers	Zucchini
Water chestnuts	
Eggplant	
Greens (collard, kale, turnip)	

## Free Choices

### (≤ 5 grams of carbohydrate and 20 calories per serving)

Sugar- free beverages:  
Diet soda, Crystal Light, iced tea, flavored waters, Propel, Kool-Aid  
Carbonated water or Club soda  
Coffee or tea  
Broth or Bouillon🥤  
2 tsp. low-sugar jams/jellies  
1 tbsp. Catsup, chili sauce, taco sauce, BBQ sauce  
Dill pickles🥤  
Hot pepper sauce  
Mustard  
Vinegar  
Soy sauce or Worcestershire sauce🥤  
Popsicle, sugar free  
Jell-O, sugar free

🥤 limit for low sodium diets



# My Meal Plan 1500 Calories

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

## Breakfast

### Carbohydrates: Choose 4 servings (15 grams/serving)

8 oz. fat-free, 1% milk, rice or soy milk  
2 cups almond milk  
6 oz. fat-free or low-fat light yogurt  
1 slice 100% whole wheat or rye bread  
½ English muffin or ¼ (1 oz) bagel ☺  
1 waffle or 1 pancake (4 inch, low-fat) ☺  
¾ cup dry cereal, unsweetened Cheerios ☺  
½ cup bran flakes or shredded wheat ☺  
½ cup cooked cereal - oats, cream of wheat  
½ banana or grapefruit  
1 cup cantaloupe or honeydew (cubed)  
2 Tbsp. raisins or ¼ cup dried fruit  
3 prunes  
¾ cup berries

### Protein: Choose 1 serving

¼ cup fat-free or low-fat cottage cheese  
1 egg, 2 egg whites, or ¼ cup egg substitute  
1 oz. lean ham  
1 oz. low-fat cheese  
1 Tbsp. nut butter

### Fat: Choose 1 serving (5 grams fat/serving)

1 tsp. regular margarine or butter  
1 Tbsp. light margarine  
1 Tbsp. cream cheese  
1 tsp. olive oil  
2 Tbsp. sliced or 6 whole almonds  
4 walnut or pecan halves  
1½ Tbsp. ground flax seed

## Morning Snack

Carbohydrates: Choose 0 servings  
Protein: Choose 0 servings  
Fat: Choose 0 servings

☺ Choose whole grains when possible

## Lunch

### Carbohydrates: Choose 3 servings (15 grams/serving)

1 slice 100% whole wheat or rye bread  
1 whole sandwich thin ☺  
½ pita bread ☺  
½ hamburger or hot dog bun ☺  
1 (6 inch) corn or whole grain tortilla  
12-15 pretzels ☺  
9-13 (¾ oz.) tortilla chips  
6 whole grain crackers  
1/3 cup cooked pasta or rice ☺  
1/3 cup cooked couscous or quinoa  
½ cup cooked dried beans or lentils  
1¼ cup strawberries  
17 grapes  
1 medium apple, orange, pear, or peach  
½ cup canned lite fruit, drained

### Vegetables: Choose 1 serving or more (listed on back cover)

### Protein: Choose 2 servings

1 oz. lean beef, pork, lamb, poultry, or fish  
¼ cup water-packed tuna or chicken  
¼ cup fat-free or low-fat cottage cheese  
1 oz. light or low-fat cheese  
1 Tbsp. nut butter  
1 oz. or ¼ cup nuts (also counts as 2 fats)  
1/3 cup hummus (also counts as 1 carb)  
½ cup tofu

### Fat: Choose 1 serving (5 grams fat/serving)

2 Tbsp. avocado (1/8)  
8-10 olives  
1 tsp. mayonnaise  
1 Tbsp. salad dressing or cream cheese  
1 Tbsp. light mayonnaise

## Afternoon Snack

Carbohydrates: Choose 0 servings  
Protein: Choose 0 servings  
Fat: Choose 0 servings

## Dinner

### Carbohydrates: Choose 3 servings (15 grams/serving)

8 oz. fat-free, 1% milk, or soy milk  
1 slice 100% whole wheat or rye bread  
1 small roll (1 oz) ☺  
½ hamburger or hot dog bun ☺  
1 (6 inch) corn or whole grain tortilla  
1/3 cup cooked rice or pasta ☺  
½ cup corn, peas, potatoes, or yams  
¼ large baked potato  
½ large ear of corn  
3 (2½ inch) graham cracker squares  
3 cups low-fat or air-popped popcorn  
½ cup applesauce  
1¼ cup watermelon, cubed  
½ mango or papaya

### Vegetables: Choose 2 servings or more (listed on back cover)

### Protein: Choose 3 servings

1 oz. lean beef, pork, chicken, turkey, or fish  
¼ cup water-packed tuna or chicken  
¼ cup fat-free or low-fat cottage cheese  
1 (1½ oz.) low-fat hot dog  
1 oz. light or low-fat cheese  
½ cup edamame (also counts as 1 carb)

### Fat: Choose 2 servings (5 grams fat/serving)

1 tsp. margarine, butter, oil, or mayonnaise  
1 Tbsp. salad dressing or cream cheese  
2 Tbsp. light salad dressing  
2 Tbsp. sour cream

## Bedtime Snack

Carbohydrates: Choose 1 serving  
Protein: Choose 0 servings  
Fat: Choose 0 servings