



# 1,800 Calorie Daily Meal Plan

## Meal planning guidelines:

- Eat meals at regular times, with no more than 4-5 hours between meals/snacks. Do not omit a meal or a snack. Use the portion size indicated on the “Substitution Lists” accompanying this sheet. Any fat used in preparation of food must be taken from the fat allowance of your meal plan.
- Try to include foods with high-fiber content, such as whole-grain breads and cereals, and fresh fruits and vegetables. NO fruit juices!
- Choose lean meats more often than medium-fat or high-fat meats. Meats should be weighed or measured after preparation.
- Avoid frying. Bake, broil, roast, steam, grill, poach, or boil foods instead.
- Avoid concentrated sweets, such as pies, cakes, pastry, honey, syrup, regular soft drinks, and foods that are very high in sugars. The suffix “-ose” usually indicates a sugar, such as sucrose. Read food labels carefully.
- Exercise regularly, based on your physician’s recommendations.

### BREAKFAST

- 1 Meat (List #5)
- 1 Starch (List #4)
- 1 Milk (List #1)
- 1 Fat (List #6)

### MORNING SNACK

- 1 Fruit (List #3)

### LUNCH

- 3 Meat (List #5)
- 2 Starch (List #4)
- 2 Fat (List #6)
- 2 Vegetable (List #2)
- 1 Fruit (List #3)

### AFTERNOON SNACK

- 1 Meat (List #5)
- 1 Starch (List #4)

### DINNER

- 3 Meat (List #5)
- 2 Starch (List #4)
- 1 Milk (List #1)
- 2 Fat (List #6)
- 2 Vegetable (List #2)
- 1 Fruit (List #3)

### EVENING SNACK

- 1 Starch (List #4)
- 1 Milk (List #1)



# COMPREHENSIVE WOMEN'S HEALTH

Building healthy relationships.

## Substitution Lists

\*High-fiber food  
LS = low sodium

### Free Foods

Allowed as desired. Negligible carb, protein, and fat

- Coffee
- Tea
- Clear broth (LS)
- Bouillon (LS)
- Lemon, lime
- Gelatin, sugar free
- Cranberries (1/2 cup)\*
- Pickle, dill 1½ large (unsweetened)
- Diet salad dressings (1 tbsp) if < 2 calories per tbsp
- Mustard
- Horseradish
- Garlic
- Pepper
- Herbs/spices
- Flavorings
- Vinegar
- Artificially sweetened beverages with < 5 grams of carbs and < 20 calories per cup

### Free Vegetables

The following raw vegetables may be eaten as desired

- Chicory
- Lettuce (all kinds)
- Chinese cabbage
- Radishes
- Endive
- Watercress
- Escarole
- Parsley
- Cucumbers

### List #1: Milk Exchanges

Approximately 12 grams carbohydrate, 8 grams protein, variable fat

- Carnation nonfat dry milk (liquid) 1 cup, (dry) 1/3 cup
- Buttermilk, fat free 1 cup
- Fat free plain yogurt 1 cup low fat (1%) or fat free milk 1 cup
- Low fat (1%) yogurt 1 cup; may be sweetened with aspartame
- Whole milk 1 cup (omit 2 fat servings)
- Carnation evaporated milk 1/2 cup
- Buttermilk made from whole milk 1 cup
- Soy milk (plain), 1 cup (omit 1 fat serving)

### List #2: Vegetable Exchanges

Approximately 5 grams carb, 2 grams protein per ½ cup cooked serving, or 1 cup raw serving

- Artichokes
- Asparagus
- Bean sprouts\*
- Beans—green or wax\*
- Broccoli\*
- Beets\*
- Brussels sprouts\*
- Cabbage (all kinds) \*
- Mushrooms
- Carrots\*
- Cauliflower\*
- Celery
- Eggplant\*
- Greens: chard, collard, kale\*
- Mustard\*
- Spinach\*, turnips\*
- Okra
- Onions
- Peppers—red or green
- Rutabaga\*
- Sauerkraut\*
- Summer squash\*
- Tomatoes\*  
LS tomato sauce  
LS tomato juice
- Zucchini\*



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### List #3: Fruit Exchanges

Approximately 15 grams carb.  
Fruit may be fresh, cooked, dried, frozen or canned WITHOUT SUGAR or SYRUP

- Apple\* 1 small
- Applesauce\* 1/2 cup
- Apricots\* (fresh) 4 medium
- Apricots\* (dried) 8 halves
- Bananas\* 1/2
- Berries\* (boysen, rasp, black, blue) 1/2 cup
- Cantaloupe melon\* 1/3
- Cherries\* 12 large
- Dates\* 3
- Figs\*, fresh or dried 1½
- Fruit cocktail, canned 1/2 cup
- Grapefruit 1/2 large
- Grapes 17
- Mango 1/2 small
- Honeydew\* 1 slice (1 cup)
- Watermelon 1¼ cup cubes
- Nectarine\* 1 small
- Orange\* 1 small
- Papaya 1/2 med (1 cup)
- Tangerine\* 2 small
- Peach 1 medium
- Pear\* 1/2 large
- Pineapple 3/4 cup fresh
- Plums\* 2 small
- Prunes\*, dried 3
- Raisins, dried 2 tbsps
- Strawberries\* 1¼ cup

### List #4: Starches

Approximately 15 grams carb, 3 grams protein

Bread: (1 slice)

- White, whole wheat\*, rye, raisin, pumpernickel\*, French or Italian
- Bagel 1/2 small
- Dinner roll 1 (2" diam.)
- English muffin 1/2
- Bun, hamburger or hot dog 1/2
- Tortilla (6" diam.) 1

Other (Omit 1 fat exchange):

- Biscuit, muffin (2" diam.) 1
- Cornbread\* (2"x2"x1") 1
- Pancake, waffle (4") 1
- Potatoes\*, French fried 16

Crackers:

- Graham (2½" square) 3
- Matzo (4"x6") 3/4
- Melba toast 4
- Oyster (1/2 cup) 24
- Pretzels 3/4 oz
- Saltine 6

Cereals:

- Hot cereal\* 1/2 cup
- Dry flakes\* 3/4 cup
- Dry puffed\* 1½ cup rice or grits, cooked 1/2 cup
- Spaghetti, macaroni, noodles, other pastas, rice, cooked 1/3 cup
- Low-fat microwave popcorn 3 cups

Starchy vegetables:

- Corn\* 1/2 cup or 1 smear
- Peas\*, green (fresh or frozen) 1/2 cup
- Potatoes\*, white (1 small)
- Potatoes\*, sweet or yams 1/2 cup
- Winter squash\*, acorn or butternut 1 cup



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### List #5: Meats

Lean Meat: 7 grams protein,  
3 grams fat

- Beef: chipped beef, chuck, flank steak, tenderloin, round rump 1 oz
- Lamb: rib, leg, sirloin, loin, shank, shoulder 1 oz
- Veal: leg, loin 1 oz
- Poultry: (without skin) chicken, turkey, Cornish hen, pheasant 1 oz
- Pork: boiled ham, tenderloin, center loin chop 1 oz
- Fish: any fresh or frozen 1 oz
- Canned oysters, clams, shrimp 1/4 cup
- Tuna, (in water) 1 oz
- Cottage cheese 1/4 cup
- Dried beans and peas\* (omit 1 bread exchange) 1/2 cup

Medium fat Meat: 7 grams protein,  
5 grams fat

- Beef: ground round, corned beef, rib eye 1 oz
- Pork: top loin chop, butt 1 oz
- Cream cottage cheese 1/4 cup
- Cheese: mozzarella, ricotta, feta 1 oz
- Egg 1

High fat Meat: 7 grams protein,  
8 grams fat

- Processed meats 1 oz
- Lamb: breast 1 oz
- Pork: spare ribs, loin, ground ham 1 oz
- Veal: breast 1 oz
- Poultry: goose, duck 1 oz
- Cheese: cheddar, Swiss 1 oz
- Frankfurter 1 small

### List #6: Fats

Approximately 5 grams fat

Unsaturated Fats:

- Margarine 1 tsp
- Avocado (4" diameter) 1 oz
- Oil (corn, safflower, soy, sun flower) 1 tsp
- Olives 8 large
- Almonds\* 6 whole nuts
- Pecans\* 2 large whole
- Peanuts\* 10 whole nuts
- Walnuts\* 2 nuts
- Salad dressing (reduced fat) 2 tbsp

Saturated Fats:

- Butter 1 tsp
- Bacon, crisp 1 slice
- Cream, light (20%) 2 tbsp
- Cream, sour 2 tbsp
- Cream, cheese 1 tbsp

Dressings:

- French 1 tbsp
- Mayonnaise 1 tsp
- Roquefort, bleu cheese 2 tsp
- Thousand Island 2 tsp