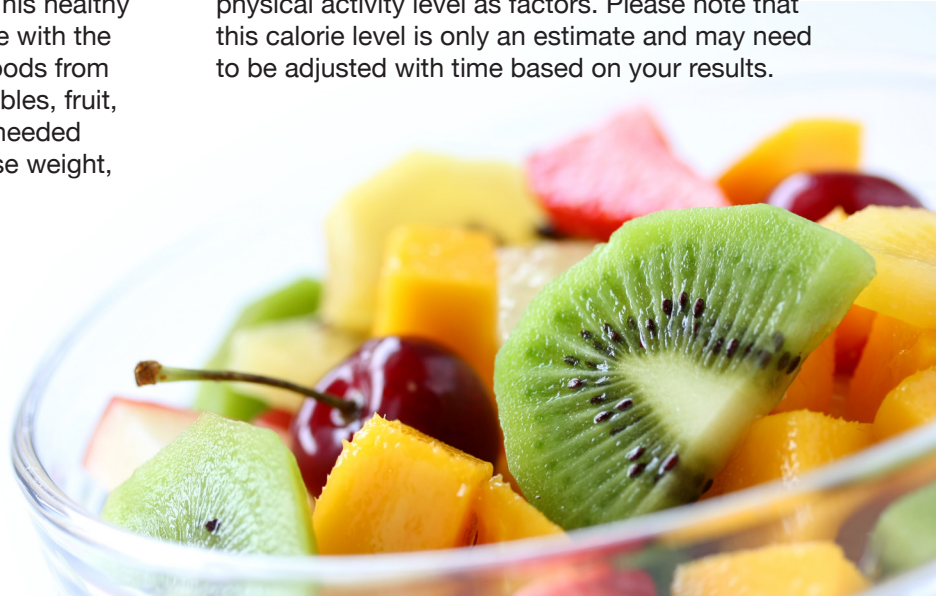


1400 Calorie Healthy Eating Plan

Following a balanced diet is an important part of a healthy lifestyle. Eating the right foods in the right amounts can help ensure your body gets the nutrients it needs. This healthy eating plan illustrates how to eat in accordance with the *Dietary Guidelines for Americans*. It includes foods from each of the basic food groups – grains, vegetables, fruit, protein foods, dairy and oils – in the amounts needed to help you reach your goal, whether it is to lose weight, gain weight or just improve nutrition.

This eating plan is based on a calorie level that was calculated using your height, weight, age, sex and physical activity level as factors. Please note that this calorie level is only an estimate and may need to be adjusted with time based on your results.



Day 1

Total Daily Calories 1380
Total Carb 168 g. Protein 78 g.
Fiber 25 g. Fat 44 g.

Breakfast

1 cup cantaloupe cubes, ½ cup 2% cottage cheese, 6 whole wheat crackers, calorie-free beverage of choice.

Lunch

Peanut butter and jelly sandwich (2 slices wheat bread with 2 Tbsp. natural chunky peanut butter and 1 Tbsp. all-fruit spread), 1 large apple, calorie-free beverage of choice.

Dinner

3 oz. baked boneless chicken breast (without skin); 5" baked sweet potato topped with 1 Tbsp. soft margarine; salad (1 cup tossed field greens topped with 2 Tbsp. pumpkin seeds, 3 chopped green olives, ¼ cup grated carrots and ¼ cup sun-dried tomatoes), drizzled with 1 Tbsp. fat-free vinaigrette dressing; calorie-free beverage of choice.

Snack

6 oz. light yogurt, favorite flavor, topped with 1 Tbsp. wheat germ; calorie-free beverage of choice.

Day 2

Total Daily Calories 1442
Total Carb 194 g. Protein 88 g.
Fiber 19 g. Fat 36 g.

Breakfast

Scrambled eggs (½ cup egg whites with 1 Tbsp. shredded cheddar cheese and 2 Tbsp. salsa, prepared using cooking spray); 1 slice toasted rye bread topped with 1 tsp. soft margarine; 8 fl. oz. skim milk.

Lunch

Turkey sandwich (2 slices whole wheat bread with 2 slices roasted turkey breast (1 oz. each), 1 oz. slice low-fat Swiss cheese, 2 lettuce leaves, 2 slices medium tomato and 2 tsp. mustard); 1 serving baked tortilla chips; 1 medium pear; calorie-free beverage of choice.

Dinner

3 oz. grilled salmon, ½ cup seasoned brown rice prepared with ½ tsp. olive oil, ½ cup summer squash topped with 1 tsp. soft margarine, 1 cup watermelon cubes, calorie-free beverage of choice.

Snack

½ cup low-fat frozen yogurt topped with 1 Tbsp. chocolate syrup, calorie-free beverage of choice.

Day 3

Total Daily Calories 1430
Total Carb 211 g. Protein 83 g.
Fiber 28 g. Fat 48 g.

Breakfast

½ cup cooked kasha, topped with 2 Tbsp. slivered almonds and ½ cup fresh, sliced strawberries; 6 fl. oz. skim milk, added to kasha or consumed as a beverage; calorie-free beverage of choice.

Lunch

Pasta salad (1 cup cooked enriched pasta (cooled), tossed with 2 diced plum tomatoes, 4 large sliced mushrooms, ¼ cup chopped red or yellow bell peppers, 2 Tbsp. chopped fresh scallions, 3 sliced jumbo black olives, 2 oz. crumbled soft goat cheese and 1 tsp. olive oil); 1 cup canned pineapple chunks, drained; calorie-free beverage of choice.

Dinner

Burger (1 black bean burger on a reduced-calorie hamburger bun, topped with 1 slice Swiss cheese and 1 Tbsp. low-sodium barbecue sauce); spinach salad (1 cup baby spinach tossed with ½ cup fresh mandarin orange slices, drizzled with 1 Tbsp. chunky bleu cheese dressing); calorie-free beverage of choice.

Snack

½ oz. (about 16) large, dry-roasted, unsalted peanuts; calorie-free beverage of choice.

Day 4

Total Daily Calories 1402
Total Carb 190g. Protein 70 g.
Fiber 30 g. Fat 35 g.

Breakfast

1 cup bran flakes with 2 Tbsp. chopped walnuts and ⅓ cup fresh blueberries, 8 fl. oz. skim milk, calorie-free beverage of choice.

Lunch

1 small (4") wheat pita bread, served with ¼ cup hummus, favorite flavor; 6 oz. lite yogurt, favorite flavor; 1 medium peach; calorie-free beverage of choice.

Dinner

3 oz. center-cut pork chop, broiled or grilled; 1 medium baked potato (with skin) topped with 1 tsp. soft margarine, 1 Tbsp. reduced-fat sour cream, and 2 Tbsp. fresh, chopped chives; 1 cup cooked, drained turnip greens topped with 1 tsp. soft margarine; calorie-free beverage of choice.

Snack

2 reduced-fat chocolate chip cookies, 4 fl. oz. skim milk, ½ cup fresh strawberries, calorie-free beverage of choice.

Day 5

Total Calories 1439
Total Carbs 162 g Protein 83 g
Fiber 20 g. Fat 49 g

Breakfast

3 egg-white omelet with 1 oz. low-fat cheese; 1 oz. lean ham; ¼ cup chopped onion; ½ cup tomato, diced; 1 slice whole wheat toast; 1 tsp. canola oil to sauté vegetables; 8 fl. oz. skim milk.

Lunch

2 slices whole wheat bread; 2 Tbsp. natural creamy peanut butter; ½ banana, sliced; 1 Tbsp. creamy low-fat dressing for tomato-cucumber salad ½ tomato, diced; ½ cucumber, sliced; calorie-free beverage of choice.

Dinner

3 oz. chicken breast, no skin; ½ cup water chestnuts; ½ cup pea pods, Chinese cabbage and scallions; 2 tsp. peanut oil to stir-fry chicken and vegetables; ½ cup canned mandarin oranges (add the last 3 minutes of cooking); 2 Tbsp. light soy sauce; ½ cup brown rice; calorie-free beverage of choice

Snack

8 animal crackers, 8 fl. oz. skim milk.

