
Week of Healthy Menus



1200, 1400, 1700 & 2000 Calories.

This week of healthy menus helps you to eat balanced light meals that are generally heart healthy. They are not necessarily designed for people who have diabetes or who may have special needs. People with special needs should check with their doctor or dietitian before beginning a new meal plan. Some tools are included to help you determine your weight, calorie and nutrition needs. To download this healthy menus booklet, go to <http://www.louisvilleky.gov/health.htm>. Under the "I want to" section, click: "See printer-friendly materials" & follow related links.



INTRODUCTION

How to Use This Guide

You can use this guide whether you wish to lose weight, stay at your current weight, or even gain weight. First, find your Body Mass Index (BMI) from the chart on p. 2 to see whether you are normal weight, overweight, or obese. To do this, find your height in inches (w/o shoes) at the far left; move across to the right until you find the number closest to your weight; then look at the number at the very top of that column for your BMI. Note which weight range you fall into.

If you are overweight or obese, you can estimate your calorie level for weight loss on p. 3. Just add up your points and match the total to the calorie level listed next to your total points. Find the week of menus that matches most closely the calorie level you need:

1200 Calories	pp. 6-8
1400 Calories	pp. 9-11
1700 Calories	pp. 12-14
2000 Calories	pp. 15-17

Making regular exercise part of your lifestyle is the most important predictor of success for long-term weight loss. Complete your exercise contract on p. 18 (designed for you to build up gradually) and log your exercise on p. 19. Obtain your doctor's approval before beginning.

If you are not overweight, but wish to use the menus simply to eat healthy meals or to keep from gaining weight, fill out p. 3 and note the instructions at the bottom of the page. They explain how to adjust your calorie level and refer you to MyPyramid.gov. If you wish to gain weight, add about 500 to 800 calories to the level you obtained and find the menus closest to this number. If you need more than 2000 calories, slightly increase portion sizes.

After the first week, you may wish to add variety by making some substitutions. Feel free to make up some menus of your own. Choose foods that are similar in calories. You may adjust portion size to help with this (see the nutrition label on p. 4). For example, at supper on Tuesday, you may decide to substitute ½ c. baked potato (80 Calories) for the 1/3 c. rice listed. Although most foods have nutrition labels showing calories per portion, fresh produce may not. Purchasing a small calorie guide is helpful for these foods, as well as foods you eat when away from home.

BODY MASS INDEX (BMI)

Body Mass Index (BMI) does not consider gender. The following chart is for both adult men and women. To use the chart, find your height at the left and move right to find your weight. The number at the top of the column is your BMI. A BMI of 19-24 is normal weight; 25 to 29 is overweight; 30 and above is the obese range.

BMI ▶	NORMAL WEIGHT						OVERWEIGHT					O B E S E										
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
HEIGHT	WEIGHT (LBS.)																					
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198
5' 0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	235	243	250	257	264	271	278
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286
6' 0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319
6' 4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	275	287	295	304	312	320	328

Adapted from National Heart, Lung, and Blood Institute Body Mass Index Charts.

TO ESTIMATE YOUR CALORIE LEVEL FOR WEIGHT LOSS
(To Lose Approximately ½ to 1 Pound Per Week)

Record your points to the right & add up your total:

Points

Converting Points to Approximate
Calorie Level for Weight Loss*

<p>Sex: Female = 1 Male = 3</p> <p>Age: 18-29 = 4 30-49 = 3 50-65 = 2 66-75 = 1 76+ = 0</p> <p>Height:</p> <p>Women:</p> <p>under 60" = 0 60-62" = 1 63-67" = 2 68-71" = 3 72+" = 4</p> <p>Men:</p> <p>under 63" = 1 63-67" = 2 68-71" = 3 72-75" = 4 76" + = 5</p> <p>Body Mass Index:</p> <p>Under 25 = 0 25-29 = 1 30+ = 2</p> <p>Planned Exercise Level:</p> <p>0 - 2¼ hr./wk. = 0 2 ½ - 4 hr./wk. = 1 4+ hr./wk. = 2 (Subtract 1 point if exercise is low intensity; add 1 point if it is high intensity.)</p> <p style="text-align: right;">TOTAL =</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%; text-align: center;">If Your Total Is:</th> <th style="text-align: center;">Calorie Level</th> </tr> </thead> <tbody> <tr><td style="text-align: center;">3</td><td style="text-align: center;">1100</td></tr> <tr><td style="text-align: center;">4</td><td style="text-align: center;">1200</td></tr> <tr><td style="text-align: center;">5</td><td style="text-align: center;">1300</td></tr> <tr><td style="text-align: center;">6</td><td style="text-align: center;">1350</td></tr> <tr><td style="text-align: center;">7</td><td style="text-align: center;">1400</td></tr> <tr><td style="text-align: center;">8</td><td style="text-align: center;">1450</td></tr> <tr><td style="text-align: center;">9</td><td style="text-align: center;">1500</td></tr> <tr><td style="text-align: center;">10</td><td style="text-align: center;">1600</td></tr> <tr><td style="text-align: center;">11</td><td style="text-align: center;">1650</td></tr> <tr><td style="text-align: center;">12</td><td style="text-align: center;">1700</td></tr> <tr><td style="text-align: center;">13</td><td style="text-align: center;">1800</td></tr> <tr><td style="text-align: center;">14</td><td style="text-align: center;">1850</td></tr> <tr><td style="text-align: center;">15</td><td style="text-align: center;">1900</td></tr> <tr><td style="text-align: center;">16</td><td style="text-align: center;">2000</td></tr> <tr><td style="text-align: center;">17</td><td style="text-align: center;">2100</td></tr> </tbody> </table>	If Your Total Is:	Calorie Level	3	1100	4	1200	5	1300	6	1350	7	1400	8	1450	9	1500	10	1600	11	1650	12	1700	13	1800	14	1850	15	1900	16	2000	17	2100
If Your Total Is:	Calorie Level																																	
3	1100																																	
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16	2000																																	
17	2100																																	

* If you are not trying to lose weight, add 250-500 calories per day to the calorie level you obtain. Because the week of menus is available in only four calorie levels, add or subtract calories, as needed, to fit your calorie level. When subtracting calories, try to maintain the amounts of food recommended in each group by MyPyramid.gov.

Sample Label for
Macaroni and Cheese

USING THE NUTRITION LABEL

Start Here

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

5% or less is low
20% or more is high

For Calories

In this example, there are 250 Calories per serving. Serving (or portion) size is listed as 1 cup (at the top). If you eat 1½ cups, your calories would be for 1½ portions, or 250 + 125 calories (375 calories total).

Always check the portion size when adding up your calories, and adjust your portion, if needed, to the number of calories you need to stay within your calorie level.

For Other Health Factors

To keep fat in check, try to choose foods having less than 1/3 of the calories from fat (listed to the right of calories on the label). Oils and soft margarines may be used in moderation. Saturated fat should make up no more than 1/3 of your total fat grams daily. The less, the better. Limit trans fat to no more than 2 grams per day.

Try to choose foods that have enough dietary fiber to get at least 25 grams of fiber daily for regularity, colon health, lower cholesterol levels, and to feel full longer.

Note that sodium should be about 2400 mg. per day, which is about 800 mg. per meal. Pay special attention to this if you have a condition that requires you to limit sodium.



MyPyramid
STEPS TO A HEALTHIER YOU
MyPyramid.gov

HEALTHY MENUS (~ 1200 CALORIES)

Monday								
BREAKFAST			LUNCH			SUPPER		
<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>	
120	3/4 c	oatmeal, cooked	80	1 c	minestrone	205	3 oz	baked salmon patty
40	1/2 c	skim milk	65	8	Wheat Thins (RF)	25	1/2 c	yellow squash
--	to taste	diet sweetener	80	1 c	skim milk	25	1/2 c	spinach
30	1 T	raisins	100	3 sq	graham crackers	80	1/2 c	baked potato
60	1 sm	banana (or 1/2 lg)	<u>60</u>	1 sm	apple (2 1/2" diam.)	45	1 T	tub margarine (LF)
60	1/2 c	orange juice	T=385			40	1/2 c	skim milk
T=310						80	1/3 c	lime sherbet
						T=500		
Tuesday								
BREAKFAST			LUNCH			SUPPER		
<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>	
110	1 oz (28 gm)	dry cereal (whole grain or bran; unfrosted; 0-2 gm. fat per serving)	110	1/2	whole grain bagel	105	3 oz	bkd. chix brst. (w/o skin)
			30	2 T	cream cheese (FF)	80	1/3 c	rice
80	1 c	skim milk	50	2 c	w/ch. green onions	25	1/2 c	beets
30	1 T	raisins			salad: lettuce, tomato, carrot, radish, cuke,	50	1 c	green beans
60	1 sm	banana (or 3/4 lg)	50	1 oz	1 oz. cheese (LF)	45	1 T	tub margarine (LF)
<u>90</u>	3/4 c	orange juice	30	2 T	salad dressing (FF)	80	1 c	skim milk
T=370			<u>60</u>	1/2 c	peaches (light)	<u>100</u>	2 sm	oatmeal cookies
			T=330			T=485		
Wednesday								
BREAKFAST			LUNCH			SUPPER		
<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>	
75	1 med	egg, poached	160	2 sl	whole wheat bread	115	1/2 c	pinto beans
160	2 sl	whole grain toast	--	1 sl ea	lettuce, tomato	125	1 pc	cornbread (2"x2"x2")
45	1 T	tub margarine (LF)	70	2 oz	chicken breast	25	1/2 c	mixed greens
85	1 c	cocoa (SF)	45	2 t	whipped salad dressing	25	1/2 c	stewed tomatoes
<u>60</u>	1/2 c	orange juice	25	1 c	baby carrots	45	1 T	tub margarine (LF)
T=425			<u>100</u>	1 c	yogurt (SF, FF)	<u>60</u>	17 sm	grapes
			T=400			T=395		

1200 Calories Cont.

Thursday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
220	2 oz	granola bars (LF)	160	2 sl	whole wheat bread	80	1/3 c	spaghetti
100	1 c	yogurt (Nutrasweet, FF)	30	1 sl	Kraft Free cheese	110	1/2 c	spaghetti sauce
60	1/2 c	orange juice	45	2 t	whipped salad dressing	165	3 oz	turkey meatballs
T=380			--	as desired	mustard	50	1 c	broccoli
			50	1/2 c	vegetable beef soup	25	2 c	tossed green salad
			30	3/4 c	watermelon	45	2 T	Italian dressing (LF)
			T=315			80	1 c	skim milk
						T=505		
Friday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portions		Calories	Portions	
110	1/2	whole-grain bagel	160	2 sl	whole wheat bread	105	3 oz	baked fish
35	2 T	FF strawberry cream ch.	70	2 oz	tuna (water-packed)	50	1 c	stir-fried: zucchini, mushrooms, onions, etc.
60	1/2	grapefruit	140	2 T	whipped salad dressing	40	1 t	oil
85	1 c	cocoa	--	1 pc ea	lettuce, tomato	80	1/3 c	rice
T=290			55	1/2 oz	baked potato chips	25	1 c	fresh tomato
			54	4 oz	cranberry juice	80	1 c	skim milk
			T=479			45	1	fudgesicle (SF)
						T=430		
Saturday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portions		Calories	Portions		Calories	Portions	
80	2	pancakes (4" across)	150	3/4 c	turkey chili	165	3 oz	roast beef
105	2 T	maple syrup	110	1 oz	baked corn chips	80	1 sm	baked potato
35	1/4 c	cottage cheese (LF)	30	1/2 c	honeydew melon	53	1/3 c	sweet/sour red cabbage
60	1/4	cantaloupe (med.)	100	1 c	yogurt (SF, FF)	25	1/2 c	cauliflower
T=280			T=390			80	1 sm	roll
						45	1 T	tub margarine (LF)
						80	1 c.	skim milk
						T=528		

1200 Calories Cont.

Sunday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
80	1 sl	French toast, whole grain	225	3 oz	pork loin, broiled, fat	140	1/2 c	pork & beans (LF)
75	1 med	egg (for French toast)			trimmed	125	1 sm	biscuit
45	1 t	oil	80	1/3 c	sweet potato	60	1	salad: orange (2 1/2 ")
5	2 T	maple syrup (SF)	25	1/2 c	green beans	30	1/2 sm	banana
<u>60</u>	1/2 c	orange juice	23	1/2 T	tub margarine (LF)	60	1 T	wh. salad drsg.
T=265			<u>80</u>	1 c	skim milk	<u>80</u>	1 c	skim milk
			T=433			T=495		

Abbreviations

FF = fat free
 LF = low fat
 RF = reduced fat
 SF = sugar free
 sm = small
 med = medium
 lg = large
 w/o = without

t = teaspoon
 T = tablespoon
 c = cup
 oz = ounce
 gm = gram
 ea = each
 pc = piece
 sl = slice

brst. = breast
 ch = chopped
 chix = chicken
 cuke = cucumber
 diam = diameter
 drsg = dressing
 sq = square(s)
 strawb = strawberry
 wh = whipped

HEALTHY MENU (~ 1400 CALORIES)

Monday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
120	3/4 c	oatmeal, cooked	80	1 c	minestrone	205	3 oz	baked salmon patty
80	1 c	skim milk	65	8	Wheat Thins (RF)	25	1/2 c	yellow squash
--	to taste	diet sweetener	80	1 c	skim milk	25	1/2 c	spinach
60	2 T	raisins	130	4 sq	graham crackers	80	1/2 c	baked potato
60	1 sm	banana (or 1/2 lg)	60	1 sm	apple (2 1/2" diam.)	45	1 T	tub margarine (LF)
60	1/2 c	orange juice	T=415			80	1 c	skim milk
T=380						130	1/2 c	lime sherbet
						T=590		
Tuesday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
165	1 1/2 oz (42 gm)	dry cereal (whole grain or bran; unfrosted; 0-2 gm. fat per serving)	110	1/2	whole grain bagel	105	3 oz	bkd. chix brst. (w/o skin)
80	1 c	skim milk	30	2 T	cream cheese (FF)	120	1/2 c	rice
30	1 T	raisins	50	2 c	w/ch. green onions	25	1/2 c	beets
60	1 sm	banana (or 3/4 lg)	50	1 oz	salad: lettuce, tomato, carrot, radish, cuke,	50	1 c	green beans
90	3/4 c	orange juice	50	2 T	1 oz. cheese (LF)	45	1 T	tub margarine (LF)
T=425			30	2 T	salad dressing (FF)	80	1 c	skim milk
			60	1/2 c	peaches (light)	110	1	tapioca (LF) 3.5 oz. cup
			T=330			100	2 sm	oatmeal cookies
						T=635		
Wednesday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
75	1 med	egg, poached	160	2 sl	whole wheat bread	173	3/4 c	pinto beans
160	2 sl	whole grain toast	--	1 sl ea	lettuce, tomato	125	1 pc	cornbread (2"x2"x2")
45	1 T	tub margarine (LF)	70	2 oz	chicken breast	25	1/2 c	mixed greens
70	2 sl	turkey bacon	45	2 t	whipped salad dressing	50	1 c	stewed tomatoes
85	1 c	cocoa (SF)	25	1 c	baby carrots	45	1 T	tub margarine (LF)
90	3/4 c	orange juice	100	1 c	yogurt (SF, FF)	60	17 sm	grapes
T=525			T=400			T=478		

1400 Calories Cont.

Thursday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
220	2 oz	granola bars (LF)	160	2 sl	whole wheat bread	160	2/3 c	spaghetti
30	1 T	raisins	30	1 sl	Kraft Free cheese	110	1/2 c	spaghetti sauce
100	1 c	yogurt (Nutrasweet, FF)	45	2 t	whipped salad dressing	165	3 oz	turkey meatballs
60	1/2 c	orange juice	--	as desired	mustard	50	1 c	broccoli
T=410			50	1/2 c	vegetable beef soup	25	2 c	tossed green salad
			60	1 1/4 c	watermelon	45	2 T	Italian dressing (LF)
			T=345			100	1/2 c	ice cream (LF)
						T=655		
Friday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portions		Calories	Portions	
110	1/2	whole-grain bagel	160	2 sl	whole wheat bread	105	3 oz	baked fish
35	2 T	FF strawberry cream ch.	105	3 oz	tuna (water-packed)	50	1 c	stir-fried: zucchini, mushrooms, onions, etc.
60	1/2	grapefruit	140	2 T	whipped salad dressing	80	2 t	oil
85	1 c	cocoa	--	1 pc ea	lettuce, tomato	80	1/3 c	rice
T=290			55	1/2 oz	baked potato chips	25	1 c	fresh tomato
			54	4 oz	cranberry juice	62	1/2 sm	biscuit
			T=514			80	1 c	skim milk
						100	1	frozen fudge bar (LF)
						T=582		
Saturday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portions		Calories	Portions		Calories	Portions	
80	2	pancakes (4" across)	200	1 c	turkey chili	165	3 oz	roast beef
210	4 T	maple syrup	110	1 oz	baked corn chips	80	1 sm	baked potato
35	1/4 c	cottage cheese (LF)	60	1 c	honeydew melon	53	1/3 c	sweet/sour red cabbage
60	1/4	cantaloupe (med.)	100	1 c	yogurt (SF, FF)	25	1/2 c	cauliflower
T=385			T=470			80	1 sm	roll
						45	1 T	tub margarine (LF)
						100	1/2 c.	LF ice cream
						T=548		

1400 Calories Cont.

Sunday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
80	1 sl	French toast, whole grain	225	3 oz	pork loin, broiled, fat	140	1/2 c	pork & beans (LF)
75	1 med	egg (for French toast)			trimmed	125	1 sm	biscuit
45	1 t	oil	80	1/3 c	sweet potato	60	1	salad: orange (2 1/2 ")
105	2 T	maple syrup	80	1/2 c	lima beans	30	1/2 sm	banana
70	1/2 c	cottage cheese	23	1/2 T	tub margarine (LF)	60	1 T	wh. salad drsg.
60	1/2 c	orange juice	60	1 sm	apple	80	1 c	skim milk
T=435			T=468			T=495		

Abbreviations

FF = fat free
 LF = low fat
 RF = reduced fat
 SF = sugar free
 sm = small
 med = medium
 lg = large
 w/o = without

t = teaspoon
 T = tablespoon
 c = cup
 oz = ounce
 gm = gram
 ea = each
 pc = piece
 sl = slice

brst. = breast
 ch = chopped
 chix = chicken
 cuke = cucumber
 diam = diameter
 drsg = dressing
 sq = square(s)
 strawb = strawberry
 wh = whipped

HEALTHY MENUS (~ 1700 CALORIES)

Monday								
BREAKFAST			LUNCH			SUPPER		
<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>	
160	1 c	oatmeal, cooked	80	1 c	minestrone	205	3 oz	baked salmon patty
80	1 c	skim milk	130	16	Wheat Thins (RF)	25	1/2 c	yellow squash
--	to taste	diet sweetener	80	1 c	skim milk	25	1/2 c	spinach
60	2 T	raisins	130	4 sq	graham crackers	160	1 c	baked potato
60	1 sm	banana (or 1/2 lg)	<u>90</u>	1 med	apple (2 1/2" diam.)	90	2 T	tub margarine (LF)
<u>120</u>	1 c	orange juice	T=510			80	1 c	skim milk
T=480						<u>130</u>	1/2 c	lime sherbet
						T=715		
Tuesday								
BREAKFAST			LUNCH			SUPPER		
<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>	
165	1 1/2 oz (42 gm)	dry cereal (whole grain or bran; unfrosted; 0-2 gm. fat per serving)	220	1	whole grain bagel	105	3 oz	bkd. chix brst. (w/o skin)
			30	2 T	cream cheese (FF)	240	1 c	rice
80	1 c	skim milk	50	2 c	w/ch. green onions	25	1/2 c	beets
60	2 T	raisins			salad: lettuce, tomato, carrot, radish, cuke,	50	1 c	green beans
90	1 med	banana (or 3/4 lg)	50	1 oz	1 oz. cheese (LF)	45	1 T	tub margarine (LF)
<u>120</u>	1 c	orange juice	30	2 T	salad dressing (FF)	80	1 c	skim milk
T=515			<u>60</u>	1/2 c	peaches (light)	110	1	tapioca (LF) 3.5 oz. cup
			T=440			<u>100</u>	2 sm	oatmeal cookies
						T=755		
Wednesday								
BREAKFAST			LUNCH			SUPPER		
<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>		<u>Calories</u>	<u>Portion</u>	
75	1 med	egg, poached	160	2 sl	whole wheat bread	230	1 c	pinto beans
160	2 sl	whole grain toast	--	1 sl ea	lettuce, tomato	125	1 pc	cornbread (2"x2"x2")
45	1 T	tub margarine (LF)	70	2 oz	chicken breast	50	1 c	mixed greens
140	4 sl	turkey bacon	45	2 t	whipped salad dressing	50	1 c	stewed tomatoes
85	1 c	cocoa (SF)	25	1 c	baby carrots	45	1 T	tub margarine (LF)
<u>120</u>	1 c	orange juice	100	1 c	yogurt (SF, FF)	<u>120</u>	34 sm	grapes
T=625			<u>55</u>	1	fig bar	T=620		
			T=455					

1700 Calories Cont.

Thursday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
220	2 oz	granola bars (LF)	160	2 sl	whole wheat bread	160	2/3 c	spaghetti
60	2 T	raisins	30	1 sl	Kraft Free cheese	110	1/2 c	spaghetti sauce
100	1 c	yogurt (Nutrasweet, FF)	45	2 t	whipped salad dressing	165	3 oz	turkey meatballs
<u>120</u>	1 c	orange juice	--	as desired	mustard	50	1 c	broccoli
T=500			150	1 1/2 c	vegetable beef soup	25	2 c	tossed green salad
			<u>60</u>	1 1/4 c	watermelon	45	2 T	Italian dressing (LF)
			T=445			150	3/4 c	ice cream (LF)
						<u>50</u>	1 T	chocolate syrup
						T=755		
Friday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portions		Calories	Portions	
220	1	whole-grain bagel	160	2 sl	whole wheat bread	105	3 oz	baked fish
35	2 T	FF strawberry cream ch.	105	3 oz	tuna (water-packed)	50	1 c	stir-fried: zucchini, mushrooms, onions, etc
60	1/2	grapefruit	140	2 T	whipped salad dressing			oil
<u>85</u>	1 c	cocoa	--	1 pc ea	lettuce, tomato	120	1 T	rice
T=400			110	1 oz	baked potato chips	80	1/3 c	fresh tomato
			<u>108</u>	8 oz	cranberry juice	25	1 c	biscuit
			T=623			125	1 sm	skim milk
						80	1 c	frozen fudge bar (LF)
						<u>100</u>	1	
						T=685		
Saturday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portions		Calories	Portions		Calories	Portions	
160	4	pancakes (4" across)	200	1 c	turkey chili	165	3 oz	roast beef
210	4 T	maple syrup	220	2 oz	baked corn chips	80	1 sm	baked potato
35	1/4 c	cottage cheese (LF)	60	1 c	honeydew melon	53	1/3 c	sweet/sour red cabbage
<u>60</u>	1/4	cantaloupe (med.)	<u>100</u>	1 c	yogurt (SF, FF)	25	1/2 c	cauliflower
T=465			T=580			80	1 sm	roll
						45	1 T	tub margarine (LF)
						145	1/2 c., 1 T	LF ice cream, nuts
						<u>60</u>	1 sm	banana (or 1/2 lg)
						T=653		

1700 Calories Cont.

Sunday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
160	2 sl	French toast, whole grain	225	3 oz	pork loin, broiled, fat trimmed	140	1/2 c	pork & beans (LF)
75	1 med	egg (for French toast)				125	1 sm	biscuit
90	2 t	oil	80	1/3 c	sweet potato	60	1	salad: orange (2 1/2 ")
105	2 T	maple syrup	80	1/2 c	lima beans	30	1/2 sm	banana
70	1/2 c	cottage cheese	68	1 1/2 T	tub margarine (LF)	30	1 T	raisins
60	1/2 c	orange juice	170	sm. portion	cherry cobbler	60	1 T	wh. salad drsg.
T=560			T=623			80	1 c	skim milk
						T=525		

Abbreviations

FF = fat free
 LF = low fat
 RF = reduced fat
 SF = sugar free
 sm = small
 med = medium
 lg = large
 w/o = without

t = teaspoon
 T = tablespoon
 c = cup
 oz = ounce
 gm = gram
 ea = each
 pc = piece
 sl = slice

brst. = breast
 ch = chopped
 chix = chicken
 cuke = cucumber
 diam = diameter
 drsg = dressing
 sq = square(s)
 strawb = strawberry
 wh = whipped

HEALTHY MENUS (~2000 CALORIES)

Monday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
160	1 c	oatmeal, cooked	160	2 c	minestrone	205	3 oz	baked salmon patty
80	1 c	skim milk	130	16	Wheat Thins (RF)	25	1/2 c	yellow squash
--	to taste	diet sweetener	80	1 c	skim milk	25	1/2 c	spinach
60	2 T	raisins	195	6 sq	graham crackers	160	1 c	baked potato
120	1 lg	banana	120	1 lg	apple (3" diam.)	90	2 T	tub margarine (LF)
120	1 c	orange juice	T=685			80	1 c	skim milk
T=540						195	3/4 c	lime sherbet
						T=780		
Tuesday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
220	2 oz (56 gm)	dry cereal (whole grain or bran; unfrosted; 0-2 gm. fat per serving)	220	1	whole grain bagel	105	3 oz	bkd. chix brst. (w/o skin)
			30	2 T	cream cheese (FF)	240	1 c	rice
80	1 c	skim milk	50	2 c	w/ch. green onions	25	1/2 c	beets
60	2 T	raisins			salad: lettuce, tomato, carrot, radish, cuke,	50	1 c	green beans
45	1 T	nuts	50	1 oz	1 oz. cheese (LF)	80	1 sm	roll
120	1 lg	banana	30	2 T	salad dressing (FF)	45	1 T	tub margarine (LF)
120	1 c	orange juice	70	1/2 c	cottage cheese	80	1 c	skim milk
T=645			60	1/2 c	peaches (light)	110	1	tapioca (LF) 3.5 oz. cup
			T=510			100	2 sm	oatmeal cookies
						T=835		
Wednesday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
150	2 med	eggs, poached	160	2 sl	whole wheat bread	230	1 c	pinto beans
160	2 sl	whole grain toast	--	1 sl ea	lettuce, tomato	250	2 pc	cornbread (2"x2"x2")
45	1 T	tub margarine (LF)	70	2 oz	chicken breast	50	1 c	mixed greens
140	4 sl	turkey bacon	45	2 t	whipped salad dressing	50	1 c	stewed tomatoes
85	1 c	cocoa (SF)	25	1 c	baby carrots	45	1 T	tub margarine (LF)
120	1 c	orange juice	100	1 c	yogurt (SF, FF)	120	34 sm	grapes
T=700			167	3	fig bars	T=745		
			T=567					

2000 Calories Cont.

Thursday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
330	3 oz	granola bars (LF)	160	2 sl	whole wheat bread	240	1 c	spaghetti
60	2 T	raisins	30	1 sl	Kraft Free cheese	165	3/4 c	spaghetti sauce
100	1 c	yogurt (Nutrasweet, FF)	60	1 T	whipped salad dressing	165	3 oz	turkey meatballs
<u>120</u>	1 c	orange juice	--	as desired	mustard	50	1 c	broccoli
T=610			200	2 c	vegetable beef soup	25	2 c	tossed green salad
			<u>95</u>	2 c	watermelon (or 1 orange)	45	2 T	Italian dressing (LF)
			T=545			100	1/2 c	ice cream (LF)
						<u>50</u>	1 T	chocolate syrup
						T=840		
Friday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portions		Calories	Portions	
220	1	whole-grain bagel	160	2 sl	whole wheat bread	105	3 oz	baked fish
35	2 T	FF strawberry cream ch.	105	3 oz	tuna (water-packed)	50	1 c	stir-fried: zucchini, mushrooms, onions, etc
60	1/2	grapefruit	140	2 T	whipped salad dressing	180	1 1/2 T	oil
120	1 lg	banana	--	1 pc ea	lettuce, tomato	160	2/3 c	rice
<u>125</u>	1 1/2 c	cocoa	110	1 oz	baked potato chips	25	1 c	fresh tomato
T=560			<u>108</u>	8 oz	cranberry juice	125	1 sm	biscuit
			T=623			80	1 c	skim milk
						<u>100</u>	1	frozen fudge bar (LF)
						T=825		
Saturday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portions		Calories	Portions		Calories	Portions	
160	4	pancakes (4" across)	300	1 1/2 c	turkey chili	165	3 oz	roast beef
210	4 T	maple syrup	220	2 oz	baked corn chips	120	1 med	baked potato
70	1/2 c	cottage cheese (LF)	60	1 c	honeydew melon	60	1/2 c	sweet/sour red cabbage
<u>60</u>	1/4	cantaloupe (med.)	<u>100</u>	1 c	yogurt (SF, FF)	50	1 c	cauliflower
T=500			T=680			80	1 sm	roll
						90	2 T	tub margarine (LF)
						195	3/4 c., 1 T	LF ice cream, nuts
						<u>60</u>	1 sm	banana (or 1/2 lg)
						T=820		

2000 Calories Cont.

Sunday								
BREAKFAST			LUNCH			SUPPER		
Calories	Portion		Calories	Portion		Calories	Portion	
160	2 sl	French toast, whole grain	225	3 oz	pork loin, broiled, fat	280	1 c	pork & beans (LF)
150	2 med	eggs (for French toast)			trimmed	125	1 sm	biscuit
90	2 t	oil	80	1/3 c	sweet potato	60	1	salad: orange (2 1/2 ")
105	2 T	maple syrup	80	1/2 c	lima beans	30	1/2 sm	banana
70	1/2 c	cottage cheese	25	1 c	fresh tomato	30	1 T	raisins
<u>120</u>	1 c	orange juice	68	1 1/2 T	tub margarine (LF)	60	1 T	wh. salad drsg.
T=695			<u>170</u>	sm. portion	cherry cobbler	<u>80</u>	1 c	skim milk
			T=648			T=665		

Abbreviations

FF = fat free
 LF = low fat
 RF = reduced fat
 SF = sugar free
 sm = small
 med = medium
 lg = large
 w/o = without

t = teaspoon
 T = tablespoon
 c = cup
 oz = ounce
 gm = gram
 ea = each
 pc = piece
 sl = slice

brst. = breast
 ch = chopped
 chix = chicken
 cuke = cucumber
 diam = diameter
 drsg = dressing
 sq = square(s)
 strawb = strawberry
 wh = whipped



EXERCISE CONTRACT

To begin my healthy lifestyle, I, _____, commit to begin _____ (type of exercise) for _____ minutes on:

___Mon. ___Tues. ___Wed. ___Thurs. ___Fri. ___Sat. ___Sun.

I plan to do my exercise in the following location: _____.

(alternate location, if weather interferes: _____)

My Goal - Total Minutes Per Exercise Session

Week 1: _____ min. Week 4: _____ min.

Week 2: _____ min. Week 5: _____ min.

Week 3: _____ min. Week 6: _____ min.



EXERCISE LOG

Week of _____

Day	Type of Exercise	Min.
M		
Tu		
W		
Th		
F		
Sa		
Su		
	Total Min.	

Week of _____

Day	Type of Exercise	Min.
M		
Tu		
W		
Th		
F		
Sa		
Su		
	Total Min.	

Week of _____

Day	Type of Exercise	Min.
M		
Tu		
W		
Th		
F		
Sa		
Su		
	Total Min.	

Week of _____

Day	Type of Exercise	Min.
M		
Tu		
W		
Th		
F		
Sa		
Su		
	Total Min.	

Week of _____

Day	Type of Exercise	Min.
M		
Tu		
W		
Th		
F		
Sa		
Su		
	Total Min.	

Week of _____

Day	Type of Exercise	Min.
M		
Tu		
W		
Th		
F		
Sa		
Su		
	Total Min.	



We want to hear your success story!

Call us and tell us if you have:

- ☆ lost 10 pounds or more, using this booklet and/or
- ☆ kept off for a year or more the weight you lost using this booklet
(10 pounds or more)

□ □ □

Call the Chronic Disease Prevention Team at the
Louisville Metro Department of Public Health & Wellness:

502-574-6663