



Menu for 1500 Kilocalories Vegetarian

Diet Prescription

Total Kcal 1500
50% Carbohydrates
25% Protein
25% Fat

Food Group	No of Servings
Milk	3
Vegetables	4
Fruit	3
Carbs	6
Meat/ Meat Substitutes	6
Fats *	3

Meal	Foods
Breakfast 1 Carb 1 Milk 1 Fruit	Cereal 1/2 cup cooked hot cereal (oatmeal) or 3/4 cup ready-to-eat unsweetened cereal such as Kasha 1 cup nonfat soymilk 1/2 banana sliced
Snack 1 Fruit	1/2 banana or 1 sm apple
Lunch 1 Milk 1 Carb 1 Carb 2 Meat	3/4 cup nonfat plain yogurt 3 TBS wheat germ 1 slice bread (whole wheat preferably) 2 TBS peanut butter (=2 fat exchange)
Snack 1 Carb +1 Meat 1 Fruit	Pria Bar (1starch + 1 meat substitute) 1 sm orange
Dinner 4 Veggies 1.5 Meat 1.5 Meat +1.5 Carb 0.5 Carb	1 cup salad plus 1 cup veggies 6 oz tofu 3/4 cup beans 1/4 cup cooked rice, pasta, or 1/3 cup cooked couscous
Snack 1 Milk	1/3 cup low-fat frozen yogurt or ice cream

* Fat: 45 grams of fat are allowed. Choose low-fat and non-fat dairy and meats. Use olive oil or canola oil for salads and for stir-frying. If you choose higher fat dairy and meats do not add additional oil to your menu items.

Fruit: One serving equals:

sm	Apple, banana, orange, nectarine
1 med	Fresh peach
17 sm	Grapes
1/2	Grapefruit
1/2	Mango
1 cup	Fresh berries (strawberries, raspberries or blueberries)
1 cup	Fresh melon cubes
1/8	Honeydew melon
4 oz	Unsweetened Juice
4 tsp	Jelly or Jam

Fats - 5 grams of fat per serving. One serving equals:

1 tsp	Oil (vegetable, corn, canola, olive, etc.), Butter, Stick margarine
1 tsp	Mayonnaise
1 TBS	Reduced fat margarine or mayonnaise
1 TBS	Salad dressing
1 TBS	Cream cheese
2 TBS	Lite cream cheese
1/8th	Avocado
8 large	Black olives
10 large	Stuffed green olives
1 slice	Bacon

Starches: One serving equals:

1 slice	Bread (white, pumpernickel, whole wheat, rye)
2 slice	Reduced calorie or "lite" Bread
1/4 (1oz)	Bagel (varies)
1/2	English muffin
1/2	Hamburger bun
3/4 cup	Cold cereal
1/3 cup	Rice, brown or white- cooked
1/3 cup	Barley or couscous- cooked
1/3 cup	Legumes (dried beans, peas or lentils)- cooked
1/2 cup	Pasta- cooked
1/2 cup	Bulgur- cooked
1/2 cup	Corn, sweet potato or green peas
3 oz	Baked sweet or white potato
3/4 oz	Pretzels
3 cups	Popcorn, hot air popped or microwave (80% light)

Very Lean Protein 1 gram of fat per serving. One serving equals:

1 ounce	Turkey breast or chicken breast, skin removed
1 ounce	Fish fillet (flounder, sole, scrod, cod, etc.)
1 ounce	Canned tuna in water
1 ounce	Shellfish (clams, lobster, scallop, shrimp)
3/4 cup	Cottage cheese, non fat or low fat
2 each	Egg whites
1/4 cup	Egg substitute
1 oz	Fat-free cheese
1/2 cup	Beans- cooked (black beans, kidney, chick peas or lentils): count as 1 starch/bread and 1 very lean protein

Lean Protein 2-3 grams of fat per serving. One serving equals:

1 oz	Chicken- dark meat, skin removed
1 oz	Turkey- dark meat, skin removed
1 oz	Salmon, Swordfish, herring
1 oz	Lean beef (flank steak, London broil, tenderloin, roast beef) Veal, roast or lean chop Lamb, roast or lean chop Pork, tenderloin or fresh ham
1 oz	Low fat cheese (3 grams or less of fat per ounce)
1 oz	Low fat luncheon meats (with 3 grams or less of fat per ounce)
1/4 cup	4.5% cottage cheese

Medium Fat Proteins 5 grams of fat per serving. One serving equals:

1 oz	Beef (any prime cut), corned beef, ground beef, Pork chop
1 each	Whole egg (medium)
1 oz	Mozzarella cheese
1/4 cup	Ricotta cheese
4 oz	Tofu (note this is a Heart Healthy choice)

Vegetables: One serving equals:

1/2 cup	Cooked vegetables (carrots, broccoli, zucchini, cabbage, etc.)
1 cup	Raw vegetables or salad greens
1/2 cup	Vegetable juice

Fat-Free and Very Low-Fat Milk: One serving equals:

1 cup	Milk, fat-free or 1% fat
3/4 cup	Yogurt, plain non fat or low fat
1 cup	Yogurt, artificially sweetened