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| Day 1 |  | Day 2 |  | Day 3 |  | Day 4 |
| **BREAKFAST** |  | **BREAKFAST** |  | **BREAKFAST** |  | **BREAKFAST** |
| Breakfast burrito  *1 flour tortilla (7" diameter)*  *1 scrambled egg (in 1 tsp soft margarine)*  *1/3 cup black beans\* 2 tbsp salsa*  1 cup orange juice 1 cup fat-free milk  **LUNCH**  Roast beef sandwich   1. *whole grain sandwich bun 3 ounces lean roast beef* 2. *slices tomato*   *1/4 cup shredded romaine lettuce 1/8 cup sauteed mushrooms*  *(in 1 tsp oil)*  *1 1/2 ounce part-skim mozzarella cheese*  *1 tsp yellow mustard*  3/4 cup baked potato wedges\*  *1 tbsp ketchup*  1 unsweetened beverage  **DINNER**  Stuffed broiled salmon  *5 ounce salmon filet*  *1 ounce bread stuffing mix 1 tbsp chopped onions*  *1 tbsp diced celery 2 tsp canola oil*  1/2 cup saffron (white) rice |  | Hot cereal  *1/2 cup cooked oatmeal 2 tbsp raisins*   1. *tsp soft margarine*   1/2 cup fat-free milk 1 cup orange juice  **LUNCH**  Taco salad   1. *ounces tortilla chips*   *2 ounces ground turkey, sauteed in 2 tsp sunflower oil*  *1/2 cup black beans\* 1/2 cup iceberg lettuce 2 slices tomato*  *1 ounce low-fat cheddar cheese 2 tbsp salsa*  *1/2 cup avocado 1 tsp lime juice*  1 unsweetened beverage  **DINNER**  Spinach lasagna  *1 cup lasagna noodles, cooked (2 oz dry)*  *2/3 cup cooked spinach 1/2 cup ricotta cheese*  *1/2 cup tomato sauce tomato bits\* 1 ounce part-skim mozzarella cheese*  1 ounce whole wheat dinner roll 1 cup fat-free milk |  | Cold cereal  *1 cup bran flakes 1 cup fat-free milk 1 small banana*  1 slice whole wheat toast  *1 tsp soft margarine*  1 cup prune juice  **LUNCH**  Tuna fish sandwich   1. *slices rye bread* 2. *ounces tuna (packed in water, drained)*   *2 tsp mayonnaise 1 tbsp diced celery*  *1/4 cup shredded romaine lettuce 2 slices tomato*  1 medium pear  1 cup fat-free milk  **DINNER**  Roasted chicken breast  *3 ounces boneless skinless chicken breast\**  1 large baked sweetpotato 1/2 cup peas and onions  *1 tsp soft magarine*  1 ounce whole wheat dinner roll  *1 tsp soft margarine*  1 cup leafy greens salad  *3 tsp sunflower oil and vinegar dressing* |  | 1 whole wheat English muffin  *2 tsp soft margarine*  *1 tbsp jam or preserves*  1 medium grapefruit  1 hard-cooked egg   1. unsweetened beverage   **LUNCH**  White bean-vegetable soup  *1 1/4 cup chunky vegetable soup 1/2 cup white beans\**   1. ounce breadstick   8 baby carrots  1 cup fat-free milk  **DINNER**  Rigatoni with meat sauce  *1 cup rigatoni pasta (2 ounces dry) 1/2 cup tomato sauce tomato bits\* 2 ounces extra lean cooked ground beef (sauteed in 2 tsp vegetable oil) 3 tbsp grated Parmesan cheese*  Spinach salad  *1 cup baby spinach leaves 1/2 cup tangerine slices*  *1/2 ounce chopped walnuts*  *3 tsp sunflower oil and vinegar dressing*  1 cup fat-free milk  **SNACKS** |
| 1/2 cup steamed broccoli  *1 tsp soft margarine*  1 cup fat-free milk |  | **SNACKS**  1/2 ounce dry-roasted almonds\* |  | **SNACKS**  1/4 cup dried apricots |  | 1 cup low-fat fruited yogurt |
| **SNACKS** |  | 1/4 cup pineapple 2 tbsp raisins |  | 1 cup low-fat fruited yogurt |  |  |
| 1 cup cantaloupe |  |  |  |  |  |  |

*1 ounce slivered almonds*

# Day 5

Day 6 Day 7

\* Starred items are foods that are labeled as no-salt-added, low-

## BREAKFAST



Cold cereal

*1 cup puffed wheat cereal 1 tbsp raisins*

*1 cup fat-free milk*

1 small banana

1. slice whole wheat toast
   1. *tsp soft margarine 1 tsp jelly*

## LUNCH

Smoked turkey sandwich

* 1. *ounces whole wheat pita bread 1/4 cup romaine lettuce*

1. *slices tomato*
2. *ounces sliced smoked turkey breast\**

*1 tbsp mayo-type salad dressing 1 tsp yellow mustard*

1/2 cup apple slices 1 cup tomato juice\*

## DINNER

Grilled top loin steak

*5 ounces grilled top loin steak*

3/4 cup mashed potatoes

*2 tsp soft margarine*

1/2 cup steamed carrots

*1 tbsp honey*

1. ounces whole wheat dinner roll

*1 tsp soft margarine*

1 cup fat-free milk

## SNACKS

1 cup low-fat fruited yogurt

## BREAKFAST

French toast

2 slices whole wheat French toast

*2 tsp soft margarine 2 tbsp maple syrup*

1/2 medium grapefruit 1 cup fat-free milk

## LUNCH

Vegetarian chili on baked potato

*1 cup kidney beans\**

*1/2 cup tomato sauce w/ tomato tidbits\**

*3 tbsp chopped onions*

*1 ounce lowfat cheddar cheese 1 tsp vegetable oil*

1. *medium baked potato*

1/2 cup cantaloupe 3/4 cup lemonade

## DINNER

Hawaiian pizza

1. *slices cheese pizza*
2. *ounce canadian bacon 1/4 cup pineapple*
3. *tbsp mushrooms*

*2 tbsp chopped onions*

Green salad

*1 cup leafy greens*

*3 tsp sunflower oil and vinegar dressing*

1 cup fat-free milk

## SNACKS

5 whole wheat crackers\* 1/8 cup hummus

1/2 cup fruit cocktail (in water or juice)

## BREAKFAST

Pancakes

3 buckwheat pancakes

1. *tsp soft margarine 3 tbsp maple syrup*

1/2 cup strawberries

3/4 cup honeydew melon 1/2 cup fat-free milk

## LUNCH

Manhattan clam chowder

1. *ounces canned clams (drained) 3/4 cup mixed vegetables*

*1 cup canned tomatoes\** 10 whole wheat crackers\* 1 medium orange

1 cup fat-free milk

## DINNER

Vegetable stir-fry

*4 ounces tofu (firm)*

*1/4 cup green and red bell peppers 1/2 cup bok choy*

*2 tbsp vegetable oil*

1 cup brown rice

1 cup lemon-flavored iced tea

## SNACKS

1 ounce sunflower seeds\* 1 large banana

1 cup low-fat fruited yogurt

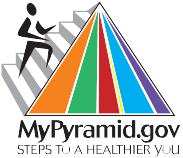
sodium, or low-salt versions of the foods.They can also be prepared from scratch with little or no added salt. All other foods are regular commercial products which contain variable levels of sodium. Average sodium level of the 7 day menu assumes no-salt-added in cooking or at the table

(Italicized foods are part of the dish or food that preceeds it, which is not italicized.)

**Nutrient**

|  |  |
| --- | --- |
| **Food Group Daily Average Over One Week** | |
| GRAINS | Total Grains (oz eq) 6.0 Whole Grains 3.4  Refined Grains 2.6 |
| VEGETABLES \* | Total Veg\* (cups) 2.6 |
| FRUITS | Fruits (cups) 2.1 |
| MILK | Milk (cups) 3.1 |
| MEAT & BEANS | Meat/ Beans (oz eq) 5.6 |
| OILS | Oils (tsp/grams)  7.2 tsp/32.4 g |

**Daily Average Over One Week**



\***Vegetable subgroups (weekly totals)**

|  |  |
| --- | --- |
| Calories | 1994 |
| Protein, g | 98 |
| Protein, % kcal | 20 |
| Carbohydrate, g | 264 |
| Carbohydrate, % kcal | 53 |
| Total fat, g | 67 |
| Total fat, % kcal | 30 |
| Saturated fat, g | 16 |
| Saturated fat, % kcal | 7.0 |
| Monounsaturated fat, g | 23 |
| Polyunsaturated fat, g | 23 |
| Linoleic Acid, g | 21 |
| Alpha-linolenic Acid, g | 1.1 |
| Cholesterol, mg | 207 |
| Total dietary fiber, g | 31 |
| Potassium, mg | 4715 |
| Sodium, mg\* | 1948 |
| Calcium, mg | 1389 |
| Magnesium, mg | 432 |
| Copper, mg | 1.9 |
| Iron, mg | 21 |
| Phosphorus, mg | 1830 |
| Zinc, mg | 14 |
| Thiamin, mg | 1.9 |
| Riboflavin, mg | 2.5 |
| Niacin Equivalents, mg | 24 |
| Vitamin B6, mg | 2.9 |
| Vitamin B12, mcg | 18.4 |
| Vitamin C, mg | 190 |
| Vitamin E, mg (AT) | 18.9 |
| Vitamin A, mcg (RAE) | 1430 |
| Dietary Folate Equivalents, mcg | 558 |

Dk-Green Veg (cups) 3.3

Orange Veg (cups) 2.3

Beans/ Peas (cups) 3.0

Starchy Veg (cups) 3.4

Other Veg (cups) 6.6

\* Starred items are foods that are labelled as no-salt-added, low-sodium, or low-salt versions of the foods.They can also be prepared from scratch with little or no added salt. All other foods are regular commercial products which contain variable levels of sodium. Average sodium level of the 7 day menu assumes no-salt-added in cooking or at the table.

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