Handout H-2: Limiting Fat to 30% of Daily Calories—Sample Menus

Total Calories: 1,979 % Fat: 28	**Total Calories: 2,248 % Fat: 27**	**Total Calories: 2,993 % Fat: 29**
Breakfast: 1/2 cup orange juice 3/4 cup corn flakes 1 cup nonfat skim milk with vitamin A	***Breakfast:*** 1 cup orange juice 3/4 cup corn flakes 1/2 english muffin 1 tsp. margarine 1 cup skim milk	***Breakfast:*** 1 cup orange juice 3/4 cup presweetened corn flakes 1 bagel 2 tsp. margarine 1 cup skim milk
Lunch: 1/2 banana 1 cheeseburger 1 small order of french fries 1 diet cola 1 tsp. catsup	***Bag Lunch:*** tuna sandwich: 2 slices of bread 3 oz. water pack tuna tomato, celery, relish 4 tsp. mayonnaise 3/4 oz.. bag pretzels 4 homemade oatmeal cookies 1 medium cola	***Sandwich Shop Lunch:*** roast beef sandwich 2 cups tossed salad 3 tsp. thousand island dressing 1 medium cola
Snack: 1 bagel 2 tsp. jelly 1 cup fruit punch drink	***Snack:*** 4 multigrain, low-fat crackers 3/4 oz. low-fat cheese water or noncaloric beverage	***Snack:*** turkey & cheese sandwich: 2 slices of bread 1 oz. turkey breast 1 oz. low-fat cheese lettuce, tomato, pickle 2 tsp. mayonnaise 3/4 oz. bag pretzels 5 ginger snaps 1 cup orange juice
Dinner: chicken stir-fry: 3 oz. skinless, roasted chicken meat 1/4 cup broccoli, chopped, raw 1/4 cup onions, chopped, raw 1/4 cup carrots, no salt 1 tsp. soy sauce 1/3 cup white rice 1 cup mung bean sprouts 1 tbsp. corn oil 1 cup instant, unsweetened tea	***Dinner:*** 3 oz. broiled chicken breast, no skin 1 boiled potato with margarine 4 tomato slices 1 slice of bread 2 tsp. margarine 1/2 cup strawberries 1 container nonfat yogurt water or noncaloric beverage	***Dinner:*** 3 oz. chicken cacciatore 1/2 cup green beans with margarine 1 cup rice with margarine 1 slice of bread 1-1/2 tsp. margarine 15 grapes 1 cup nonfat yogurt, fruit flavor water or noncaloric beverage
Dessert: 1 cup ice cream-10% fat 1/2 cup diet soda	***Dessert:*** 1 homemade cupcake 1 cup skim milk	***Dessert:*** 1/8 of 9" homemade apple pie 1 cup skim milk

For use with Activity 2