High Carbohydrate Meal Plans For Healthy Active Adults
(~60% Carbohydrate, ~20% Protein, ~20% Fat)

* Include 3-4 calcium-rich foods daily (or supplement) to provide a total of 1000-1300 mg /day. Food sources include milk, yogurt, cheese, sardines w/bones, & calcium-fortified products (soy milk, juice, cereals, sports bars).

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>WHAT IS A SERVING?</th>
<th>Most Women</th>
<th>Most Men</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1600 cal.</td>
<td>2000 cal.</td>
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<tr>
<td>Vegetables</td>
<td>1 cup raw leafy greens</td>
<td>4-6</td>
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<tr>
<td></td>
<td>½ cup chopped raw /cooked vegetables</td>
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<tr>
<td></td>
<td>½ cup vegetable juice</td>
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<tr>
<td>Fruits</td>
<td>1 medium fresh fruit, ½ large fresh fruit</td>
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<td></td>
<td>1 cup berries or melon cubes</td>
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<tr>
<td></td>
<td>½ cup fruit juice</td>
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<tr>
<td></td>
<td>2 T. raisins, 1/4 cup other dried fruit</td>
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<tr>
<td>Whole Grains &amp; Starchy Vegetables</td>
<td>1 slice whole grain bread</td>
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<td>9</td>
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<td></td>
<td>½ english muffin, bun, pita, or small bagel</td>
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<td></td>
<td>1 6” corn or flour tortilla</td>
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<td></td>
<td>½ cup cooked hot cereal, pasta, rice, other grain</td>
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<td></td>
<td>½ cup potatoes, corn, yams, peas, beans</td>
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<td></td>
<td>1 oz. cold cereal (1 ½ c. puffed, 3/4c. flakes, ½ bran or sweetened, ¼c. nuggets)</td>
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<td></td>
<td>3-6 low fat crackers</td>
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<td></td>
<td>2 rice cakes</td>
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<tr>
<td></td>
<td>3 cups air-pop popcorn</td>
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<tr>
<td>Protein-Rich Foods</td>
<td>3 oz. skinless chicken or turkey breast</td>
<td>2</td>
<td>2</td>
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<tr>
<td>Very Lean Meats &amp; Alternatives</td>
<td>3 oz. low fat fish—cod, haddock, halibut, end. tuna packed in water, shrimp</td>
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<td></td>
<td>3 oz. fatty fish—salmon, mackerel</td>
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<td></td>
<td>+ ADD 1 fat serving</td>
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<td></td>
<td>¾ c. fat free cottage cheese</td>
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<td></td>
<td>6 egg whites or ¼ cup egg substitute</td>
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<td></td>
<td>1 c. tofu, 1/2 c. tempeh</td>
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<td></td>
<td>+ ADD 2 fat serving</td>
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<td></td>
<td>1 c. beans, peas, or lentils</td>
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<td></td>
<td>+ ADD 1 starchy vegetable serving</td>
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<td></td>
<td>1 oz. whey or soy protein powder</td>
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<td></td>
<td>1 cup fat free or 1% low fat milk or plain yogurt</td>
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<td></td>
<td>1 cup calcium-fortified soy milk</td>
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<td></td>
<td>1 oz. slice cheese</td>
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</tbody>
</table>

Use plenty of garlic, herbs, spices, chili peppers, lemon juice, and seasoned vinegars. Add just enough unsaturated fats and sugar for flavor.

Mostly unsaturated fats:
- 1 tsp. olive oil, canola oil, or peanut oil
- 1 tsp. tub margarine or mayonnaise
- ½ Tbsp. peanut butter, 1 Tbsp. flaxseeds
- 1 Tbsp. salad dressing
- 1/8 avocado, 8 olives, 6 almonds, 10 peanuts

Limit added sugars: table sugar, honey, jam, high fructose corn syrup, fruit juice concentrate. These are hiding in many food products, and they add many “empty calories” to foods. So read labels! 1 tsp. sugar = 16 extra cal. 1 tsp. honey = 20 extra cal.

Mostly unsaturated fats can be used instead of saturated fats for flavor and nutrition. Add 3-4 calcium-rich foods daily (or supplement).
### High Carbohydrate Meal Plans For Healthy Active Adults  
( ~60% Carbohydrate, ~20% Protein, ~20% Fat)

<table>
<thead>
<tr>
<th></th>
<th>1200 kcal</th>
<th>1600 kcal</th>
<th>2000 kcal</th>
<th>2400 kcal</th>
<th>2800 kcal</th>
<th>3200 kcal</th>
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</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
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<tr>
<td>1 serving =</td>
<td>150 kcal</td>
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<td><strong>(5 g C, 2 g P, 0 g F)</strong></td>
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<tr>
<td><strong>Fruit</strong></td>
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<tr>
<td>1 serving =</td>
<td>120 kcal</td>
<td>180 kcal</td>
<td>240 kcal</td>
<td>240 kcal</td>
<td>300 kcal</td>
<td>360 kcal</td>
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<tr>
<td><strong>(15 g C, 0 g P, 0 g F)</strong></td>
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<tr>
<td><strong>Grains</strong></td>
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<td>1 serving =</td>
<td>400 kcal</td>
<td>560 kcal</td>
<td>720 kcal</td>
<td>880 kcal</td>
<td>1040 kcal</td>
<td>1280 kcal</td>
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<td><strong>(15 g C, 3 g P, 1 g F)</strong></td>
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<td><strong>Very Lean Protein</strong></td>
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<td>1 serving =</td>
<td>210 kcal</td>
<td>210 kcal</td>
<td>210 kcal</td>
<td>315 kcal</td>
<td>315 kcal</td>
<td>315 kcal</td>
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<td><strong>(0 g C, 21 g P, 3 g F)</strong></td>
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<td><strong>Milk</strong></td>
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<td>1 serving =</td>
<td>90 kcal</td>
<td>180 kcal</td>
<td>270 kcal</td>
<td>270 kcal</td>
<td>360 kcal</td>
<td>360 kcal</td>
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<td><strong>(12 g C, 8 g P, 0 g F)</strong></td>
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<tr>
<td><strong>Fat</strong></td>
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<tr>
<td>1 serving =</td>
<td>135 kcal</td>
<td>180 kcal</td>
<td>225 kcal</td>
<td>315 kcal</td>
<td>360 kcal</td>
<td>405 kcal</td>
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<tr>
<td><strong>(0 g C, 0 g P, 5 g F)</strong></td>
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<tr>
<td><strong>Added Sugar</strong></td>
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<tr>
<td>10% kcal</td>
<td>90 kcal</td>
<td>180 kcal</td>
<td>270 kcal</td>
<td>360 kcal</td>
<td>360 kcal</td>
<td>405 kcal</td>
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<td><strong>30 g</strong></td>
<td>120 kcal</td>
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<td><strong>40 g</strong></td>
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<td><strong>50 g</strong></td>
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<td><strong>60 g</strong></td>
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<td><strong>100 kcal</strong></td>
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<td><strong>120 kcal</strong></td>
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<td><strong>160 kcal</strong></td>
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<td><strong>200 kcal</strong></td>
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<td><strong>240 kcal</strong></td>
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<td><strong>280 kcal</strong></td>
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<td><strong>320 kcal</strong></td>
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<tr>
<td><strong>TOTAL:</strong></td>
<td>1225 kcal</td>
<td>1620 kcal</td>
<td>2015 kcal</td>
<td>2410 kcal</td>
<td>2805 kcal</td>
<td>3190 kcal</td>
</tr>
<tr>
<td><strong>CHO:</strong></td>
<td>177 g</td>
<td>244 g</td>
<td>311 g</td>
<td>351 g</td>
<td>418 g</td>
<td>488 g</td>
</tr>
<tr>
<td><strong>(58% kcal)</strong></td>
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<tr>
<td><strong>PRO:</strong></td>
<td>77 g</td>
<td>91 g</td>
<td>105 g</td>
<td>132 g</td>
<td>146 g</td>
<td>155 g</td>
</tr>
<tr>
<td><strong>(25% kcal)</strong></td>
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<tr>
<td><strong>FAT:</strong></td>
<td>26 g</td>
<td>33 g</td>
<td>40 g</td>
<td>55 g</td>
<td>62 g</td>
<td>70 g</td>
</tr>
<tr>
<td><strong>(19% kcal)</strong></td>
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<tr>
<td><strong>(58% kcal)</strong></td>
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</tbody>
</table>

** C = Carbohydrate, P = Protein, F = Fat

* Sheri Barke, MPH, RD

** Include 3-4 calcium-rich foods daily (or supplement) to provide a total of 1000-1300 mg /day. Food sources include milk, yogurt, cheese, sardines w/bones, & calcium-fortified products (soy milk, juice, cereals, sports bars).