Meal Plans For Healthy Weight Loss (in adults)
(~50% Carbohydrate, ~25% Protein, ~25% Fat)

<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>1200 cal.</td>
<td>1500 cal.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 cup raw leafy</td>
<td>4-6</td>
<td>4-6</td>
</tr>
<tr>
<td></td>
<td>greens</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup chopped</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>raw/cooked</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup vegetable</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td>1 medium fresh</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 cup berries or</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>melon cubes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>juice</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 Tbsp. raisins</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>¼ other dried</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>fruit</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole</td>
<td>1 slice whole</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Grains &amp;</td>
<td>grain bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starchy</td>
<td>½ english muffin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>bun, pita, or</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>small bagel</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 6” corn or</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>flour tortilla</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup cooked</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>hot cereal</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>pasta, rice,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>other grain</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ cup potatoes,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>corn, yams,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>peas, beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 oz. cold</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>cereal (1 ½ c.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>puffed, 3/4 c.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>flakes, ½ bran</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>or sweetened, ¼c.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>nuggets</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3-6 low fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>crackers</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 rice cakes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 cups air-pop</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>popcorn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein-Rich</td>
<td>3 oz. skinless</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Foods</td>
<td>chicken or</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very Lean</td>
<td>turkey breast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meats &amp;</td>
<td>3 oz. low fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alternatives</td>
<td>fish--cod,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>haddock, halibut,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>cnd. tuna</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>packed in water,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>shrimp</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3 oz. fatty</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>fish--salmon,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>mackerel</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ ADD 1 fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>serving</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>¼ c. fat free</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>cottage cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6 egg whites or</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>¼ cup egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>substitute</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 c. tofu, 1/2 c.</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>tempah</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ ADD 2 fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>serving</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 c. beans or</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>lentils</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>+ ADD 1 starchy</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>vegetable serving</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 oz. whey or</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>soy protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>powder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat Free Milk &amp; Alternatives</td>
<td>1 cup fat free or 1% low fat milk or plain yogurt</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>1 cup calcium-fortified soy milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 oz. slice</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taste Enhancers</td>
<td>Use plenty of garlic, herbs, spices, chili peppers, lemon juice, and seasoned vinegars.</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Add just enough</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>unsaturated fats</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>and sugar for</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>flavor.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

≤10% of total calories from added sugars

Limit added sugars: table sugar, honey, jam, high fructose corn syrup, fruit juice concentrate.

*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).
**Meal Plans For Healthy Weight Loss (in adults)**  
(~50% Carbohydrate, ~25% Protein, ~25% Fat)

<table>
<thead>
<tr>
<th></th>
<th>1200 kcal</th>
<th>1500 kcal</th>
<th>1800 kcal</th>
<th>2100 kcal</th>
<th>2400 kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td># servings</td>
<td># servings</td>
<td># servings</td>
<td># servings</td>
<td># servings</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>1 serving = 25 kcal</td>
<td>150 kcal</td>
<td>150 kcal</td>
<td>150 kcal</td>
<td>150 kcal</td>
<td>150 kcal</td>
</tr>
<tr>
<td><strong>(5 g C, 2 g P, 0 g F)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>1 serving = 60 kcal</td>
<td>120 kcal</td>
<td>120 kcal</td>
<td>180 kcal</td>
<td>240 kcal</td>
<td>240 kcal</td>
</tr>
<tr>
<td><strong>(15 g C, 0 g P, 0 g F)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td>3</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>1 serving = 80 kcal</td>
<td>240 kcal</td>
<td>400 kcal</td>
<td>480 kcal</td>
<td>560 kcal</td>
<td>640 kcal</td>
</tr>
<tr>
<td><strong>(15 g C, 3 g P, 1 g F)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>1 serving = 105 kcal</td>
<td>210 kcal</td>
<td>210 kcal</td>
<td>315 kcal</td>
<td>420 kcal</td>
<td>420 kcal</td>
</tr>
<tr>
<td><strong>(0 g C, 21 g P, 3 g F)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>1 serving = 90 kcal</td>
<td>180 kcal</td>
<td>180 kcal</td>
<td>180 kcal</td>
<td>180 kcal</td>
<td>270 kcal</td>
</tr>
<tr>
<td><strong>(12 g C, 8 g P, 0 g F)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>4</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>1 serving = 45 kcal</td>
<td>180 kcal</td>
<td>270 kcal</td>
<td>315 kcal</td>
<td>360 kcal</td>
<td>450 kcal</td>
</tr>
<tr>
<td><strong>(0 g C, 0 g P, 5 g F)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Added Sugar</strong></td>
<td>10% kcal</td>
<td>10% kcal</td>
<td>10% kcal</td>
<td>10% kcal</td>
<td>10% kcal</td>
</tr>
<tr>
<td></td>
<td>30 g</td>
<td>37.5 kcal</td>
<td>45 kcal</td>
<td>52.5 kcal</td>
<td>60 g</td>
</tr>
<tr>
<td></td>
<td>120 kcal</td>
<td>150 kcal</td>
<td>180 kcal</td>
<td>210 kcal</td>
<td>240 kcal</td>
</tr>
<tr>
<td><strong>TOTAL:</strong></td>
<td>1200 kcal</td>
<td>1480 kcal</td>
<td>1800 kcal</td>
<td>2120 kcal</td>
<td>2410 kcal</td>
</tr>
<tr>
<td></td>
<td><strong>CHO:</strong> 159 g (53% kcal)</td>
<td><strong>CHO:</strong> 196 g (53% kcal)</td>
<td><strong>CHO:</strong> 234 g (52% kcal)</td>
<td><strong>CHO:</strong> 272 g (51% kcal)</td>
<td><strong>CHO:</strong> 306 g (51% kcal)</td>
</tr>
<tr>
<td></td>
<td><strong>PRO:</strong> 79 g (26% kcal)</td>
<td><strong>PRO:</strong> 85 g (23% kcal)</td>
<td><strong>PRO:</strong> 109 g (25% kcal)</td>
<td><strong>PRO:</strong> 133 g (25% kcal)</td>
<td><strong>PRO:</strong> 144 g (24% kcal)</td>
</tr>
<tr>
<td></td>
<td><strong>FAT:</strong> 29 g (22% kcal)</td>
<td><strong>FAT:</strong> 41 g (25% kcal)</td>
<td><strong>FAT:</strong> 46 g (23% kcal)</td>
<td><strong>FAT:</strong> 56 g (24% kcal)</td>
<td><strong>FAT:</strong> 67 g (25% kcal)</td>
</tr>
</tbody>
</table>

**C = Carbohydrate, P = Protein, F = 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).*