

Moderate Carbohydrate Meal Plans For Healthy Adults

(~50% Carbohydrate, ~25% Protein, ~25% Fat)

FOOD GROUP	WHAT IS A SERVING?	Most Women			Most Men	
		1600 cal.	2000 cal.	2400 cal.	2800 cal.	3200 cal.
		Recommended Number of Servings Per Day				
Vegetables 1 serv. = 25 cal.	1 cup raw leafy greens ½ cup chopped raw /cooked vegetables ½ cup vegetable juice	4-6	4-6	4-6	4-6	4-6
Fruits 1 serv. = 60 cal.	1 medium fresh fruit, 1/2 large fresh fruit 1 cup berries or melon cubes ½ cup fruit juice 2 T. raisins, 1/4 cup other dried fruit	2	3	4	4	5
Whole Grains & Starchy Vegetables 1 serv. = 80 cal.	1 slice whole grain bread ½ english muffin, bun, pita, or small bagel 1 6" corn or flour tortilla ½ cup cooked hot cereal, pasta, rice, other grain ½ cup potatoes, corn, yams, peas, beans 1 oz. cold cereal (1 ½ c. puffed, 3/4c. flakes, ½ bran or sweetened, ¼c. nuggets) 3-6 low fat crackers 2 rice cakes 3 cups air-pop popcorn	5	7	8	10	11
Protein-Rich Foods Very Lean Meats & Alternatives 1 serv. = 105 cal. 15-25 g protein Fat Free Milk & Alternatives 1 serv. = 90 cal. 8 g protein	3 oz. skinless chicken or turkey breast 3 oz. low fat fish--cod, haddock, halibut, cnd. tuna packed in water, shrimp 3 oz. fatty fish--salmon, mackerel + ADD 1 fat serving ¾ c. fat free cottage cheese 6 egg whites or ¾ cup egg substitute 1 c. tofu, 1/2 c. tempeh + ADD 2 fat serving 1 c. beans, peas, or lentils + ADD 1 starchy vegetable serving 1 oz. whey or soy protein powder 1 cup fat free or 1% low fat milk or plain yogurt 1 cup calcium-fortified soy milk 1 oz. slice cheese	3	3	4	5	6
Taste Enhancers 1 serv. = 45 cal. ≤10% of total calories from added sugars	Use plenty of garlic, herbs, spices, chili peppers, lemon juice, and seasoned vinegars. Add just enough <i>unsaturated</i> fats and sugar for flavor.					
	<u>Mostly unsaturated fats:</u> 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	6	8	10	12	14
	<u>Limit added sugars:</u> table sugar, honey, jam, high fructose corn syrup, fruit juice concentrate. <i>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.</i>					

* Include 3-4 calcium-rich foods daily (or supplement) to provide a total of 1000-1500 mg /day. Food sources include milk, yogurt, cheese, sardines w/bones, & calcium-fortified products (soy milk, juice, cereals, sports bars).

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	1200 kcal	1600 kcal	2000 kcal	2400 kcal	2800 kcal	3200 kcal
	# servings	# servings	# servings	# servings	# servings	# servings
Vegetables 1 serving = 25 kcal **(5 g C, 2 g P, 0 g F)	6 150 kcal	6 150 kcal	6 150 kcal	6 150 kcal	6 150 kcal	6 150 kcal
Fruit 1 serving = 60 kcal (15 g C, 0 g P, 0 g F)	2 120 kcal	2 120 kcal	3 180 kcal	4 240 kcal	4 240 kcal	5 300 kcal
Grains 1 serving = 80 kcal (15 g C, 3 g P, 1 g F)	3 240 kcal	5 400 kcal	7 560 kcal	8 640 kcal	10 800 kcal	11 880 kcal
Very Lean Protein 1 serving = 105 kcal (0 g C, 21 g P, 3 g F)	2 210 kcal	3 210 kcal	3 315 kcal	4 420 kcal	5 525 kcal	6 630 kcal
Milk 1 serving = 90 kcal (12 g C, 8 g P, 0 g F)	2 180 kcal	2 270 kcal	3 270 kcal	3 270 kcal	3 270 kcal	3 270 kcal
Fat 1 serving = 45 kcal (0 g C, 0 g P, 5 g F)	4 180 kcal	6 270 kcal	8 360 kcal	10 450 kcal	12 540 kcal	14 630 kcal
Added Sugar	10% kcal 30 g 120 kcal	10% kcal 40 g 160 kcal	10% kcal 50 g 200 kcal	10% kcal 60 g 240 kcal	10% kcal 70 g 280 kcal	10% kcal 80 g 320 kcal
TOTAL:	1200 kcal CHO: 159 g (53% kcal) PRO: 79 g (26% kcal) FAT: 29 g (22% kcal)	1595 kcal CHO: 199 g (50% kcal) PRO: 106 g (27% kcal) FAT: 44 g (25% kcal)	2035 kcal CHO: 266 g (52% kcal) PRO: 120 g (24% kcal) FAT: 56 g (25% kcal)	2410 kcal CHO: 306 g (51% kcal) PRO: 144 g (24% kcal) FAT: 70 g (26% kcal)	2805 kcal CHO: 346 g (49% kcal) PRO: 171 g (24% kcal) FAT: 85g (27% kcal)	3180 kcal CHO: 386 g (49% kcal) PRO: 195 g (25% kcal) FAT: 99 g (28% kcal)

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

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