

## Meal Plans For Healthy Weight Loss (in adults)

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

<b>FOOD GROUP</b>	<b>WHAT IS A SERVING?</b>	Most Women			Most Men	
		1200 cal.	1500 cal.	1800 cal.	2100 cal.	2400 cal.
		<b>Recommended Number of Servings Per Day</b>				
<b>Vegetables</b> 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
<b>Fruits</b> 1 serv. = 60 cal.	1 medium fresh fruit 1 cup berries or melon cubes ½ cup fruit juice 2 Tbsp. raisins, 1/4 other dried fruit	2	2	3	4	4
<b>Whole Grains &amp; Starchy Vegetables</b> 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	3	5	6	7	8
<b>Protein-Rich Foods</b>  <b>Very Lean Meats &amp; Alternatives</b> 1 serv. = 105 cal. 15-25 g protein  <b>Fat Free Milk &amp; Alternatives</b> 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 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	2	2	3	4	4
<b>Taste Enhancers</b>  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.					
	<b>Unsaturated fats:</b> 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	4	6	7	8	10
	<b>Limit added sugars:</b> 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 1000-1300 mg /day. Food sources include milk, yogurt, cheese, sardines w/bones, & calcium-fortified products (soy milk, juice, cereals, sports bars).

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

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

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

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