

1,800-Calorie Daily Diet Plan

Food Guide Pyramid

Fats, Sweets, and Alcoholic Beverages

- You may have 2 servings.
- A serving has 45 calories.
- Example: 1 thin slice of bacon or 1 teaspoon of butter = 1 serving
- If you eat 2 servings, you eat 90 calories.



Meat, Poultry, and Fish

- You may have 7 ounces.
- One 3-ounce serving of meat has 225 calories; 1 egg has 75 calories.
- Example: 3 ounces of broiled lean meat (about the size of a deck of cards) = 1 serving; 1 egg = 1 serving.
- If you eat two 3-ounce servings of meat and 1 egg, you eat 525 calories.



Milk, Yogurt, and Cheese

- You may have 2 servings.
- A serving has 90 calories.
- Example: 8-ounce cup of skim milk = 1 serving
- If you eat 2 servings, you eat 180 calories.

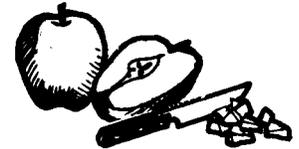
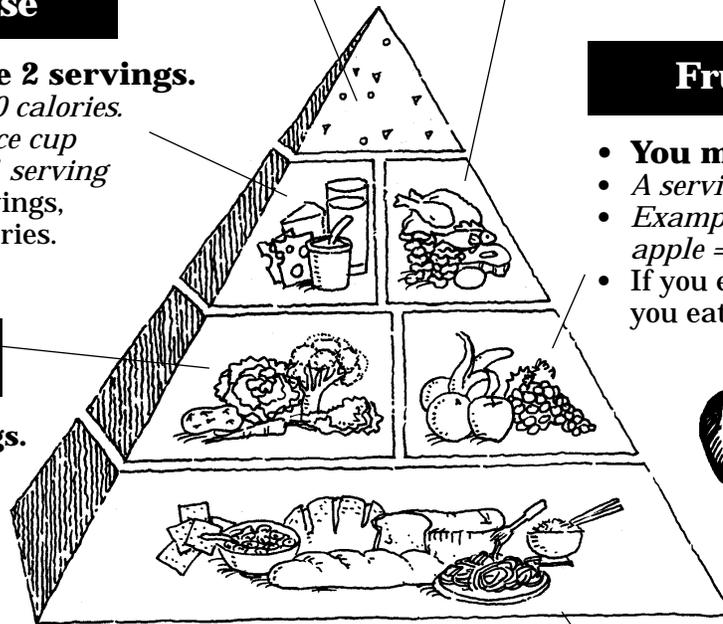


Fruits

- You may have 6 servings.
- A serving has 60 calories.
- Example: a medium apple = 1 serving
- If you eat 6 servings, you eat 360 calories.

Vegetables

- You may have 6 servings.
- A serving has 25 calories.
- Example: 1 cup raw or ½ cup cooked broccoli = 1 serving
- If you eat 6 servings, you eat 150 calories.



Breads, Cereals, Rice, and Pasta

- You may have 6 servings.
- A serving has 80 calories.
- Example: 1 slice of bread = 1 serving
- If you eat 6 servings, you eat 480 calories.

Daily Plan

Each food group has about this many calories:

| | |
|----------------|--------------|
| Bread (6) | 480 |
| Fruit (6) | 360 |
| Vegetables (6) | 150 |
| Skim Milk (2) | 180 |
| Meat (2 to 3) | 525 |
| Fat (2) | 90 |
| Total | 1,785 |



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Katie

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| Food | Sample Menu Calories | # of Servings |
|-------------------------------------|-------------------------|------------------|
| Breakfast | | |
| 1 cup orange juice | 120 | 2 fruits |
| 1 soft scrambled egg | 75 | 1 meat |
| 1 thin slice bacon | 45 | 1 fat |
| 1 slice whole wheat bread | 80 | 1 bread |
| 1 8-ounce cup skim milk | 90 | 1 milk |
| | <u>410 calories</u> | |
| Lunch | | |
| Sandwich | | |
| 2 slices whole wheat bread | 160 | 2 breads |
| 2 ounces tuna | 150 | 2 oz. meat |
| 1 tsp. mayonnaise | 45 | 1 fat |
| 1 tsp. mustard | free | free |
| 2 tomato slices (raw) | free | 1 veg. |
| lettuce leaf | free | 1 veg. |
| 1 cup carrot sticks | 25 | 1 veg. |
| 1 medium apple | 60 | 1 fruit |
| Iced tea w/lemon & sugar substitute | free | |
| | <u>440 calories</u> | |
| Dinner | | |
| Broiled chicken breast | 300 | 4 oz. meat |
| ½ cup rice | 80 | 1 bread |
| 1 cup cooked green beans | 50 | 2 veg. |
| 1 cup cooked broccoli | 50 | 1 veg. |
| 1 cornbread muffin | 80 | 1 bread |
| 1 tsp. butter or margarine | 45 | 1 fat |
| ½ cup peaches | 60 | 1 fruit |
| 1 cup (8 oz.) skim milk | 90 | 1 milk |
| | <u>755 calories</u> | |
| Snacks | | |
| 3 graham crackers | 80 | 1 bread |
| 1 small banana | 120 | 2 fruits |
| | <u>200 calories</u> | |

Total calories: 1,805

Evelyn J. Crayton



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Your county Extension agent can tell you more about this and can help you in other ways too. Call or write:



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