

1800 calories per day							
Breakfast				Breakfast			
1	Fat-free Milk or substitute						
1	Fruit						
2	Bread/Starch						
1	Meat						
1	Fat						
Mid-Morning Snack				Mid-Morning Snack			
1	Fruit						
1/2	Bread/Starch						
Lunch				Lunch			
1	Fat-free Milk or substitute						
1	Vegetable						
1	Fruit						
2	Bread/Starch						
3	Meat						
1	Fat						
Mid-Afternoon Snack				Mid-Afternoon Snack			
1	Fruit						
1/2	Bread/Starch						
Dinner				Dinner			
1	Fat-free Milk or substitute						
1	Vegetable						
1	Fruit						
2	Bread/Starch						
3	Meat						
1	Fat						
Night Snack				Night Snack			
1	Fruit						
1/2	Bread/Starch						