1400 calories per day									
	Breakfast						Breakfast		
1/2		Fat-free Milk or substitute							
1		Fruit							
1		Bread/Starch							
1		Meat							
1		Fat							
305									
Mid-Morning Snack						Mid-Morning Snack			
1		Fruit							
1/2		Bread/Starch							
100									
Lunch						Lunch			
1		Vegetable							
1		Fruit							
1		Bread/Starch							
2		Meat							
1		Fat							
360									
Mid-Afternoon Snack						Mid-Afternoon Snack			
1/2		Fruit							
1/2		Bread/Starch							
1		Meat (lean)							
125									
Dinner						Dinner			
1		Fat-free Milk or substitute							
1		Vegetable							
1/2		Fruit							
1		Bread/Starch							
2		Meat							
1		Fat							
380									
Night Snack						Night Snack			
1/2		Fat-free Milk or substitute							
1		Bread/Starch							
125									