1800 calories per day											
	Breakfast							Breakfast			
1		Fat-free Milk or substitute									
1		Fruit									
2		Bread/Starch									
1		Meat									
1		Fat									
430											
Mid-Morning Snack							Mid-Morning Snack				
1		Fruit									
1/2		Bread/Starch									
100											
Lunch							Lunch				
1		Fat-free Milk or substitute									
1		Vegetable									
1		Fruit									
2		Bread/Starch									
3		Meat									
1		Fat									
545											
Mid-Afternoon Snack							Mid-Afternoon Snack				
1		Fruit									
1/2		Bread/Starch									
100											
Dinner							Dinner				
1		Fat-free Milk or substitute									
1		Vegetable									
1		Fruit									
2		Bread/Starch									
3		Meat									
1		Fat									
545											
Night Snack							Night Snack				
1		Fruit									
1/2		Bread/Starch									
100											