

# 1800 Calories Per Day

## One-Day Sample

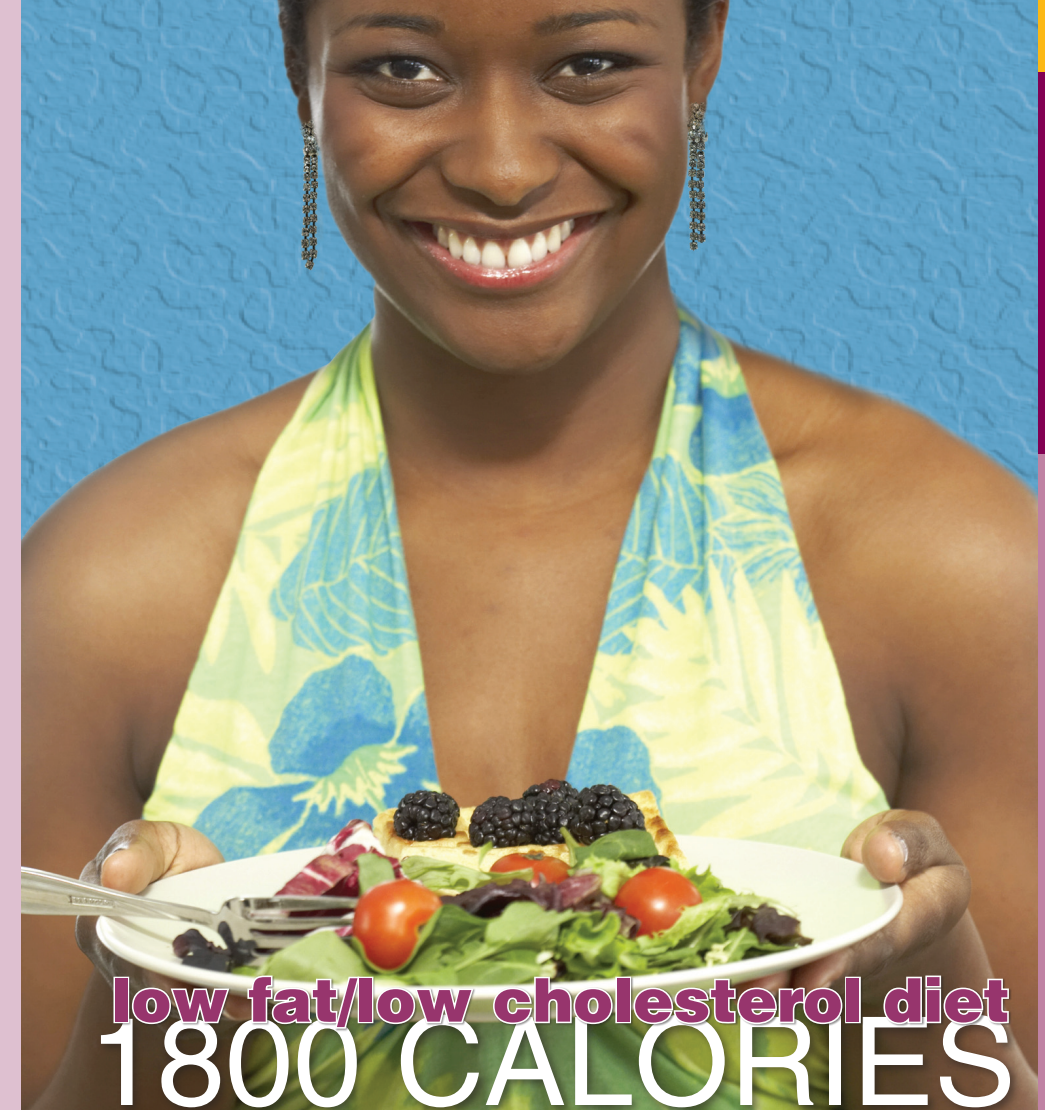
Allowed Food Group Exchanges	Menu	Food Group
<b>Breakfast</b>		
3 breads	• 1 whole English muffin	2 breads
1 fruit	• 3/4 c. corn flakes	1 bread
1 milk	• 1/2 c. orange juice	1 fruit
1 fat	• 1 c. skim milk	1 milk
Free	• 1 tsp. margarine	1 fat
	• coffee, tea, sugar substitute	Free
<b>Lunch</b>		
3 breads	• <b>Turkey Sandwich</b> 2 slices whole wheat bread 3 oz. roasted turkey breast 1 leaf lettuce 1 tsp. mustard	2 breads
3 meats		3 meats
1 vegetable		Free
1 fruit		Free
1 fat	• <b>Tossed Salad</b> 1 cup lettuce and cucumbers 1 med. tomato 1 tbsp. salad dressing 1 small peach 6 vanilla wafers tea, sugar substitute	Free
Free		1 vegetable
		1 fat
		1 fruit
		1 bread
		Free
<b>Dinner</b>		
3 breads	• 3 oz. lean roast beef • 1 small baked potato • 2 tbsp. sour cream • 1 c. broccoli, steamed • 1/2 c. carrots, steamed • 1 dinner roll / 1 tsp. margarine • 1/3 c. crushed pineapple • 1 c. skim milk • 3/4 c. sugar free gelatin • tea, sugar substitute	3 meats
3 meats		1 bread
2 vegetables		1 fat
1 fruit		1 vegetable
1 milk		1 vegetable
2 fats		1 bread / 1 fat
Free		1 fruit
		1 milk
		Free
	Free	
<b>Snack</b>		
1 fruit	• 1/3 cantaloupe	1 fruit

# Daily Checklist

Use this checklist to keep track of your daily food consumption. When you consume a food from a certain group check a circle for that day.

Day One		Day Two	
Breads (9) ○○○○○	Meats, Fish, Poultry, and Dairy (6) ○○○○○	Breads (9) ○○○○○	Meats, Fish, Poultry, and Dairy (6) ○○○○○
Fruits (4) ○○○○	Fats (4) ○○○○	Fruits (4) ○○○○	Fats (4) ○○○○
Milks (2) ○○	Vegetables (3) ○○○	Milks (2) ○○	Vegetables (3) ○○○
Day Three		Day Four	
Breads (9) ○○○○○	Meats, Fish, Poultry, and Dairy (6) ○○○○○	Breads (9) ○○○○○	Meats, Fish, Poultry, and Dairy (6) ○○○○○
Fruits (4) ○○○○	Fats (4) ○○○○	Fruits (4) ○○○○	Fats (4) ○○○○
Milks (2) ○○	Vegetables (3) ○○○	Milks (2) ○○	Vegetables (3) ○○○
Day Five		Day Six	
Breads (9) ○○○○○	Meats, Fish, Poultry, and Dairy (6) ○○○○○	Breads (9) ○○○○○	Meats, Fish, Poultry, and Dairy (6) ○○○○○
Fruits (4) ○○○○	Fats (4) ○○○○	Fruits (4) ○○○○	Fats (4) ○○○○
Milks (2) ○○	Vegetables (3) ○○○	Milks (2) ○○	Vegetables (3) ○○○
Day Seven			
Breads (9) ○○○○○	Meats, Fish, Poultry, and Dairy (6) ○○○○○	Fruits (4) ○○○○	
Milks (2) ○○	Fats (4) ○○○○	Vegetables (3) ○○○	

Provided as a service by AstraZeneca.  
©2007 AstraZeneca LP. All rights reserved.  
253433\_10/07



low fat/low cholesterol diet  
**1800 CALORIES**

## Tips

**Avoid Saturated Fats** - replace with polyunsaturated or monounsaturated fats.

**Saturated Fats** - meat, poultry, whole milk dairy products, coconut oil, palm oil, and cocoa butter.

**Polyunsaturated Fats** - sunflower oil, safflower oil, corn oil, vegetable oil, and soybean oil.

**Monounsaturated Fats** - olive oil, canola (rapeseed) oil.

**Avoid Hydrogenated Oils** - more solid and saturated than regular vegetable oils.

**Limit egg yolks** - 2 to 3 per week. Two egg whites can be used in baking.

**Choose Lean Meat** - remove skin and trim visible fat off meat. Bake, broil, roast, or grill instead of frying and set meats on a rack when cooking to allow fat to drip off meat.

**Limit liver** - one 3 oz. serving per month as it is high in cholesterol but a good source of iron.

**Choose skim milk** and nonfat dairy products.

**Total milligrams of cholesterol** in sample meal plan is 185 mg and 30% of calories are from fat.

**Limit salt intake** for sodium restricted diets.

## Fruits, Juices, Vegetables, and Milk

*Starchy vegetables are counted as a bread and are found under the “Breads and Starches” list. Free vegetables are great to snack on and can be found under the “Free Foods” list.*

### Fruits

- 1 small: apple, kiwi, pear, orange, nectarine, peach
- 1/2 banana
- 1/2 grapefruit
- 15 small grapes

- 2 plums

- 1-1/4 c. strawberries or watermelon

- 1/8 med. size honeydew melon

- 1/3 cantaloupe

- 3/4 c. blackberries, blueberries

- 12 large raw cherries

- 3/4 c. raw pineapple

- 1/3 c. canned pineapple

- 1/2 c. canned, unsweetened fruits

### Juices

- 1/2 c. of the following: apple or apple cider, orange, grapefruit, pineapple, vegetable

- 1/3 c. of the following: cranberry, grape, prune

### Vegetables

The serving sizes for vegetables are:

- 1/2 c. cooked vegetables

- 1 c. raw vegetables

### Milk

- 1 c. milk: skim, 1/2%, 1%, 2%, lowfat, buttermilk, whole

- 8 oz. yogurt: plain, nonfat, lowfat, whole

- 1/2 c. evaporated milk: skim or whole

## Meats, Fish, Poultry, and Dairy

### Low Fat

- 1 oz. USDA “select” or “choice” grades of lean beef such as top loin steaks, round, and tenderloin

- 1 oz. chicken or turkey (without skin)

- 1 oz. Canadian bacon, lean pork, and tenderloin

- 1 oz. veal

- 1 oz. fish (fresh or frozen)

- 1/4 c. tuna in water

- 2 oz. crab, lobster, shrimp or clams; fresh or in water

- 6 medium oysters

- 3 egg whites or 1/2 c. egg substitute: 55 calories/4 oz.

- 1 oz. 95% fat free lunch meat

- 1 oz. diet cheese: 55 calories/oz.

- 2 tbsp. parmesan cheese

- 1/4 c. cottage cheese

### Medium Fat

- 1 oz. most beef products such as ground beef, roast, and steak

- 1 oz. chicken or turkey (with skin)

## Fats

### Saturated

- 1 tsp. butter

- 1 strip bacon

- 2 tsp. coconut

- 4 tsp. coffee creamer, powder

- 2 tbsp. cream; light or coffee

- 2 tbsp. sour cream

- 1 tbsp. cream cheese

- 1 oz. most pork products such as chops, roasts and cutlets

- 1 oz. most lamb products

- 1/4 c. tuna in oil

- 1/4 c. canned salmon

- 1 whole egg

- 1/4 c. egg substitute: 55-80 calories per 1/4 oz.

- 1 oz. lunch meat: 86% fat free

- 1 oz. liver, heart, kidney

- 1 oz. diet cheese: 55-80 calories/oz.

- 1 oz. skim or part-skim mozzarella and ricotta cheese

### High Fat

- 1 oz. USDA “prime” grades of beef such as ribs

- 1 oz. pork sausage, spareribs, and ground pork

- 1 oz. fried fish

- 1 oz. Polish bratwurst or Italian sausage

- 1 frankfurter (chicken or turkey)

- 1 tbsp. peanut butter

### Unsaturated

- 1/8 med. avocado

- 1 tsp. margarine or mayonnaise

- 1 tsp. oil: corn, olive, safflower, sunflower

- 2 tbsp. salad dressing: mayo type

- 1 tbsp. salad dressing: oil type

- 1 tbsp. regular dressing

- 2 tbsp. reduced calorie dressing

- 1 tbsp. diet margarine or mayonnaise

## Bread and Starches

### Breads (1 oz.)

- 1/2 bagel

- 1 slice bread: white, rye, wheat, French

- 1/2 English muffin

- 1/2 hamburger bun

- 1/2 pita (6” across)

- 1 small roll

### Cereals (unsweetened)

- 1/2 c. flaked bran

- 1/2 c. cooked oatmeal

- 3 tbsp. grape nuts

- 3/4 c. ready-to-eat

- 1-1/2 c. puffed rice or wheat

### Crackers/Snacks

- 8 animal crackers

- 3 graham crackers, 2-1/2” square

## Free Foods

*Free foods are low in calories (<20 calories/serving) and you can eat as much of them as you want, unless otherwise indicated.*

### Condiments

- unsweetened pickles

- 1 tbsp. ketchup or mustard

- 2 tbsp. low calorie salad dressing

- 3 tbsp. taco sauce

### Drinks

- bouillon (no fat)

- coffee/tea, club soda

- sugar free soda and drink mixes

- 3 c. plain popped popcorn

- 3/4 oz. pretzels

- 6 saltine crackers

- 6 vanilla wafers

### Miscellaneous

- 1/3 c. cooked beans, peas, lentils

- 1/2 c. cooked pasta

### Starchy Vegetables

- 1/2 c. corn

- 1/2 c. green beans

- 1/2 c. lima beans

- 1 small baked potato

- 1/2 c. mashed potatoes

- 1/3 c. plain sweet potatoes

- 1 c. winter squash

### Fruits

- 1/2 c. unsweetened cranberries

### Vegetables (1 cup raw)

- cabbage, celery, cucumbers, endive, green onion, hot pepper, lettuce, mushrooms, radishes, romaine lettuce, spinach, zucchini

### Sugar Substitutes (all sugar free)

- Sweet’n Low® or Equal®

- hard candy & gum, gelatin, jam, or jelly

- 1 to 2 tbsp. pancake syrup

- 2 tbsp. whipped topping