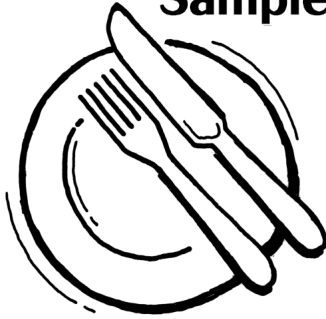




The Right Choice...for a Healthier You!TM

June 2014

Sample Menus for a 2000 Calorie Food Pattern



Use this 7-day menu as a motivational tool to help put a healthy eating pattern into practice, and to identify creative new ideas for healthy meals. Averaged over a week, this menu provides the recommended amounts of key nutrients and foods from each food group. The menus feature a large number of different foods to inspire ideas for adding variety to food choices. They are not intended to be followed day-by-day as a specific prescription for what to eat.

Spices and herbs can be used to taste. Try spices such as chili powder, cinnamon, cumin, curry powder, ginger, nutmeg, mustard, garlic powder, onion powder, or pepper. Try fresh or dried herbs such as basil, parsley, cilantro, chives, dill, mint, oregano, rosemary, thyme, or tarragon. Also try salt-free spice or herb blends.

While this 7-day menu provides the recommended amounts of foods and key nutrients, it does so at a moderate cost. Based on national average food costs, adjusted for inflation to March 2011 prices, the cost of this menu is less than the average amount spent for food, per person, in a 4-person family.

DAY 1	DAY 2	DAY 3
<p>BREAKFAST Creamy oatmeal (cooked in milk): ½ cup uncooked oatmeal 1 cup fat-free milk 2 Tbsp raisins 2 tsp brown sugar Beverage: 1 cup orange juice</p> <p>LUNCH Taco salad: 2 ounces tortilla chips 2 ounces cooked ground turkey 2 tsp corn/canola oil (to cook turkey) ¼ cup kidney beans* ½ ounce low-fat cheddar cheese ½ cup chopped lettuce ½ cup avocado 1 tsp lime juice (on avocado) 2 Tbsp salsa Beverage: 1 cup water, coffee, or tea**</p> <p>DINNER Spinach lasagna roll-ups: 1 cup lasagna noodles(2 oz dry) ½ cup cooked spinach ½ cup ricotta cheese 1 ounce part-skim mozzarella cheese ½ cup tomato sauce* 1 ounce whole wheat roll 1 tsp tub margarine Beverage: 1 cup fat-free milk</p> <p>SNACKS 2 Tbsp raisins 1 ounce unsalted almonds</p>	<p>BREAKFAST Breakfast burrito: 1 flour tortilla (8" diameter) 1 scrambled egg ½ cup black beans* 2 Tbsp salsa ½ large grapefruit Beverage: 1 cup water, coffee, or tea**</p> <p>LUNCH Roast beef sandwich: 1 small whole grain hoagie bun 2 ounces lean roast beef 1 slice part-skim mozzarella cheese 2 slices tomato ¼ cup mushrooms ½ cup corn/canola oil (to cook mushrooms) 1 tsp mustard Baked potato wedges: 1 cup potato wedges 1 tsp corn/canola oil (to cook potato) 1 Tbsp ketchup Beverage: 1 cup fat-free milk</p> <p>DINNER Baked salmon on beet greens: 4 ounce salmon filet 1 tsp olive oil 2 tsp lemon juice ½ cup cooked beet greens (sauteed in 2 tsp corn/canola oil) Quinoa with almonds: ½ cup quinoa ½ ounce slivered almonds Beverage: 1 cup fat-free milk</p> <p>SNACKS 1 cup cantaloupe balls</p>	<p>BREAKFAST Cold cereal: 1 cup ready-to-eat oat cereal 1 medium banana ½ cup fat-free milk 1 slice whole wheat toast 1 tsp tub margarine Beverage: 1 cup prune juice</p> <p>LUNCH Tuna salad sandwich: 2 slices rye bread 2 ounces tuna 1 Tbsp mayonnaise 1 Tbsp chopped celery ½ cup shredded lettuce 1 medium peach Beverage: 1 cup fat-free milk</p> <p>DINNER Roasted chicken: 3 ounces cooked chicken breast 1 large sweet potato, roasted ½ cup succotash (limas & corn) 1 tsp tub margarine 1 ounce whole wheat roll 1 tsp tub margarine Beverage: 1 cup water, coffee, or tea**</p> <p>SNACKS ¼ cup dried apricots 1 cup flavored yogurt (chocolate)</p>



Nutritional Information Provided By

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Sample Menus for a 2000 Calorie Food Pattern (cont'd)

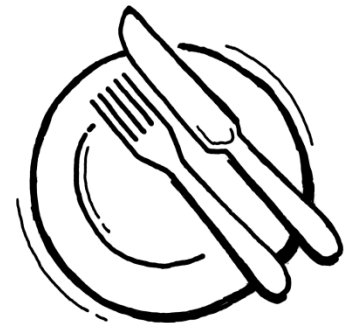
DAY 4	DAY 5	DAY 6	DAY 7
<p>BREAKFAST</p> <p>1 whole wheat English muffin <i>1 Tbsp all-fruit preserves</i> 1 hard-cooked egg Beverage: 1 cup water, coffee, or tea**</p> <p>LUNCH</p> <p>White bean-vegetable soup: <i>1 ¼ cup chunky vegetable soup with pasta</i> <i>½ cup white beans*</i> 6 saltine crackers* ½ cup celery sticks Beverage: 1 cup fat-free milk</p> <p>DINNER</p> <p>Rigatoni with meat sauce: <i>1 cup rigatoni pasta (2 oz dry)</i> <i>2 ounces cooked ground beef (95% lean)</i> <i>2 tsp corn/canola oil (to cook beef)</i> <i>½ cup tomato sauce*</i> <i>3 Tbsp grated parmesan cheese</i> Spinach salad: <i>1 cup raw spinach leaves</i> <i>½ cup tangerine sections</i> <i>½ ounce chopped walnuts</i> <i>4 tsp oil and vinegar dressing</i> Beverage: 1 cup water, coffee, or tea**</p> <p>SNACKS</p> <p>1 cup nonfat fruit yogurt</p>	<p>BREAKFAST</p> <p>Cold cereal: <i>1 cup shredded wheat</i> <i>½ cup sliced banana</i> <i>½ cup fat-free milk</i> 1 slice whole wheat toast <i>2 tsp all-fruit preserves</i> Beverage: 1 cup fat-free chocolate milk</p> <p>LUNCH</p> <p>Turkey sandwich <i>1 whole wheat pita bread (2 oz)</i> <i>3 ounces roasted turkey, sliced</i> <i>2 slices tomato</i> <i>¼ cup shredded lettuce</i> <i>1 tsp mustard</i> <i>1 Tbsp mayonnaise</i> ½ cup grapes Beverage: 1 cup tomato juice*</p> <p>DINNER</p> <p>Steak and potatoes: <i>4 ounces broiled beef steak</i> <i>¾ cup mashed potatoes made with milk and 2 tsp tub margarine</i> ½ cup cooked green beans <i>1 tsp tub margarine</i> <i>1 tsp honey</i> 1 ounce whole wheat roll <i>1 tsp tub margarine</i> Frozen yogurt and berries: <i>½ cup frozen yogurt (chocolate)</i> <i>¼ cup sliced strawberries</i> Beverage: 1 cup fat-free milk</p> <p>SNACKS</p> <p>1 cup frozen yogurt (chocolate)</p>	<p>BREAKFAST</p> <p>French toast: <i>2 slices whole wheat bread</i> <i>3 Tbsp fat-free milk and ⅔ egg (in French toast)</i> <i>2 tsp tub margarine</i> <i>1 Tbsp pancake syrup</i> ½ large grapefruit Beverage: 1 cup fat-free milk</p> <p>LUNCH</p> <p>3-bean vegetarian chili on baked potato: <i>¼ cup each cooked kidney beans,* navy beans,* and black beans*</i> <i>½ cup tomato sauce*</i> <i>¼ cup chopped onion</i> <i>2 Tbsp chopped jalapeno peppers</i> <i>1 tsp corn/canola oil (to cook onion and peppers)</i> <i>¼ cup cheese sauce</i> <i>1 large baked potato</i> ½ cup cantaloupe Beverage: 1 cup water, coffee, or tea**</p> <p>DINNER</p> <p>Hawaiian pizza <i>2 slices cheese pizza, thin crust</i> <i>1 ounce lean ham</i> <i>¼ cup pineapple</i> <i>¼ cup mushrooms</i> <i>1 tsp safflower oil (to cook mushrooms)</i> Green salad: <i>1 cup mixed salad greens</i> <i>4 tsp oil and vinegar dressing</i> Beverage: 1 cup fat-free milk</p> <p>SNACKS</p> <p>3 Tbsp hummus 5 whole wheat crackers*</p>	<p>BREAKFAST</p> <p>Buckwheat pancakes with berries: <i>2 large (7") pancakes</i> <i>1 Tbsp pancake syrup</i> <i>¼ cup sliced strawberries</i> Beverage: 1 cup orange juice</p> <p>LUNCH</p> <p>New England clam chowder: <i>3 ounces canned clams</i> <i>½ small potato</i> <i>2 Tbsp chopped onion</i> <i>2 Tbsp chopped celery</i> <i>6 Tbsp evaporated milk</i> <i>¼ cup fat-free milk</i> <i>1 slice bacon</i> <i>1 Tbsp white flour</i> 10 whole wheat crackers* 1 medium orange Beverage: 1 cup fat-free milk</p> <p>DINNER</p> <p>Tofu-vegetable stir-fry: <i>4 ounces firm tofu</i> <i>½ cup chopped Chinese cabbage</i> <i>¼ cup sliced bamboo shoots</i> <i>2 Tbsp chopped sweet red peppers</i> <i>2 Tbsp chopped green peppers</i> <i>1 Tbsp corn/canola oil (to cook stir-fry)</i> 1 cup cooked brown rice (2 ounces raw) Honeydew yogurt cup: <i>¾ cup honeydew melon</i> <i>½ cup plain fat-free yogurt</i> Beverage: 1 cup water, coffee, or tea**</p> <p>SNACKS</p> <p>1 large banana spread with 2 Tbsp peanut butter* 1 cup nonfat fruit yogurt</p>

Notes:

*Foods that are reduced sodium, low sodium, or no-salt added products. These foods can also be prepared from scratch with no added salt. All other foods are regular commercial products, which contain variable levels of sodium. Average sodium level of the 7-day menu assumes that no salt is added in cooking or at the table.

**Unless indicated, all beverages are unsweetened and without added cream or whitener.

Italicized foods are part of the dish or food that precedes it.



Sample Menus for a 2000 Calorie Food Pattern (cont'd)

Average amounts for weekly menu:

Food group	Daily average over 1 week
GRAINS	6.2 oz eq
Whole grains	3.8
Refined grains	2.4
VEGETABLES	2.6 cups
Vegetable subgroups (amount per week)	
Dark green	1.6 cups per week
Red/Orange	5.6
Starchy	5.1
Beans and Peas	1.6
Other Vegetables	4.1
FRUITS	2.1 cups
DAIRY	3.1 cups
PROTEIN FOODS	5.7 oz eq
Seafood	8.8 oz per week
OILS	29 grams
CALORIES FROM ADDED FATS AND SUGARS	245 calories

Nutrient	Daily average over 1 week
Calories	1975
Protein	96 g
Protein	19% kcal
Carbohydrate	275 g
Carbohydrate	56% kcal
Total fat	59 g
Total fat	27% kcal
Saturated fat	13.2 g
Saturated fat	6.0% kcal
Monounsaturated fat	25 g
Polyunsaturated fat	16 g
Linoleic Acid	13 g
Alpha-linolenic Acid	1.8 g
Cholesterol	201 mg
Total dietary fiber	30 g
Potassium	4701 mg
Sodium	1810 mg
Calcium	1436 mg
Magnesium	468 mg
Copper	2.0 mg
Iron	18 mg
Phosphorus	1885 mg
Zinc	14 mg
Thiamin	1.6 mg
Riboflavin	2.5 mg
Niacin Equivalents	24 mg
Vitamin B6	2.4 mg
Vitamin B12	12.3 mcg
Vitamin C	146 mg
Vitamin E	11.8 mg (AT)
Vitamin D	9.1 mcg
Vitamin A	1090 mcg (RAE)
Dietary Folate Equivalents	530 mcg
Choline	386 mg