

# Daily Menu Checklist



## Milk Group - Choose 2 servings:

- 1 cup low fat milk, almond milk or yogurt



## Starch Group - Choose 5 servings:

- 1 slice whole wheat, rye or pumpernickel bread
- ½ whole wheat English muffin
- ½ cup bran cereal or oatmeal
- ¾ cup fortified unsweetened ready to eat cereal
- 1/3 cup whole wheat pasta, brown rice, quinoa or barley
- ½ cup beans, peas or potatoes (white or sweet)



## Fruit Group - Choose 3 servings:

- 1 piece fresh fruit – small apple, small or half banana, pear, orange, nectarine, peach
- ¾ cup fresh blueberries
- ½ grapefruit or mango
- 17 grapes
- 1 ¼ cup strawberries



## Fat Group - Choose 3 servings:

- 2 T. avocado; 1T. yogurt spread
- 1 tsp. sterol-fortified margarine or olive, canola, flaxseed or peanut oil
- Handful of nuts (almonds, peanuts, brazil, walnuts, pecans or cashews) or seeds (ground flax, pumpkin, sesame or sunflower)



## Vegetable Group - Choose 3 – 5 servings (1/2 cup cooked or 1 cup raw):

- asparagus, green beans or carrots
- broccoli, Brussels sprouts, cabbage or cauliflower
- greens: kale, mustard, collard or turnip
- mushrooms, tomatoes, bell pepper or zucchini
- salad greens: lettuce, romaine or spinach



## Protein Group - Choose a total of 5 ounces:

- 1 ounce lean red meat or pork
- 1 egg or 2 egg whites
- ½ cup cooked beans, peas or lentils
- 1 ounce chicken or turkey without skin (leg = 1 oz., thigh = 2 oz., breast = 3 oz.)
- 1 ounce fresh or frozen cod, flounder, haddock, halibut, trout, tuna, salmon, catfish
- 1 T. natural nut butter
- 1 ounce cheese (3 grams of fat or less) or ¼ cup low-fat cottage cheese



**10 minutes of activity** – 3 times per day if you have been cleared for exercise by your provider



**6 - 8 cups filtered tap water** (1 cup = 8 ounces)



The daily checklist is a guideline with minimum servings for each group. You may need more or less calories.

Please contact Diana for an individualized meal plan.

