

## TLC Sample Menu

### Traditional American Cuisine, Male 25-49 Years

#### Breakfast

- Oatmeal (1 cup)
  - Fat-free milk (1 cup)
  - Raisins (¼ cup)
- English muffin (1 medium)
  - Soft margarine (2 tsp)
  - Jelly (1 Tbsp)
- Honeydew melon (1 cup)
- Orange juice, calcium fortified (1 cup)
- Coffee (1 cup) with fat-free milk (2 Tbsp)

#### Lunch

- Roast beef sandwich
  - Whole-wheat bun (1 medium)
  - Roast beef, lean (2 oz)
  - Swiss cheese, low fat (1 oz slice)
  - Romaine lettuce (2 leaves)
  - Tomato (2 medium slices)
  - Mustard (2 tsp)
- Pasta salad (1 cup)
  - Pasta noodles (¾ cup)
  - Mixed vegetables (¼ cup)
- Olive oil (2 tsp)
- Apple (1 medium)
- Iced tea, unsweetened (1 cup)

#### Dinner

- Orange roughy (3 oz) cooked with olive oil (2 tsp)
  - Parmesan cheese (1 Tbsp)
- Rice<sup>\*</sup> (1½ cup)
- Corn kernels (½ cup)
  - Soft margarine (1 tsp)
- Broccoli (½ cup)
  - Soft margarine (1 tsp)
- Roll (1 small)
  - Soft margarine (1 tsp)
- Strawberries (1 cup) topped with low-fat frozen yogurt (½ cup)
- Fat-free milk (1 cup)

#### Snack

- Popcorn (2 cups) cooked with canola oil (1 Tbsp)
- Peaches, canned in water (1 cup)
- Water (1 cup)

<sup>\*</sup> For a higher fat alternative, substitute 1/3 cup of unsalted peanuts, chopped (to sprinkle on the frozen yogurt) for 1 cup of the rice.

### Nutrient Analysis

|                                |   |  |     |
|--------------------------------|---|--|-----|
| Calories                       | 2523  | Total fat, % calories  | 28  |
| Cholesterol (mg)               | 139   | Saturated fat, % calories  | 6   |
| Fiber (g)                      | 32  | Monounsaturated fat, % calories  | 14  |
| Soluble (g)                    | 10  | Polyunsaturated fat, % calories  | 6   |
| Sodium (mg)                    | 1800  | Trans fat (g)  | 5   |
| Carbohydrates, % calories      | 57  | Omega 3 fat (g)  | 0.4 |
|                                |   | Protein, % calories  | 17  |
| <b>*Higher Fat Alternative</b> | No salt is added in recipe preparation or as seasoning. |  |     |
| Total fat, % calories          | 34  | The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients. |     |