

TLC Sample Menu

Traditional American Cuisine, Female 25-49 Years

Breakfast

- Oatmeal (1 cup)
 - Fat-free milk (1 cup)
 - Raisins (¼ cup)
- 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 (½ cup)
 - Pasta noodles (¼ cup)
 - Mixed vegetables (¼ cup)
 - Olive oil (1 tsp)
- Apple (1 medium)
- Iced tea, unsweetened (1 cup)

Dinner

- Orange roughy (2 oz) cooked with olive oil (2 tsp)
 - Parmesan cheese (1 Tbsp)
- Rice* (1 cup)
 - Soft margarine (1 tsp)
- Broccoli (½ cup)
 - Soft margarine (1 tsp)
- Strawberries (1 cup) topped with low-fat frozen yogurt (½ cup)
- Water (1 cup)

Snack

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

* For a higher fat alternative, substitute 2 Tbsp of unsalted peanuts, chopped (to sprinkle on the frozen yogurt) for ½ cup of the rice.

Nutrient Analysis

Calories	1795	Total fat, % calories	27
Cholesterol (mg)	115	Saturated fat, % calories	6
Fiber (g)	28	Monounsaturated fat, % calories	14
Soluble (g)	9	Polyunsaturated fat, % calories	6
Sodium (mg)	1128	Trans fat (g)	2
Carbohydrates, % calories	57	Omega 3 fat (g)	0.4
		Protein, % calories	19
*Higher Fat Alternative	No salt is added in recipe preparation or as seasoning.		
Total fat, % calories	33	The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.	