

TLC Sample Menu

Southern Cuisine, Female 25-49 Years

Breakfast

- Bran cereal (¾ cup)
 - Banana (1 medium)
 - Fat-free milk (1 cup)
- Biscuit, low sodium and made with canola oil (1 medium)
 - Jelly (1 Tbsp)
 - Soft margarine (1 tsp)
- Honeydew melon (½ cup)
- Coffee (1 cup) with fat-free milk (2 Tbsp)

Lunch

- Chicken breast (2 oz) cooked with canola oil (2 tsp)
- Corn on the cob* (1 medium)
 - Soft margarine (1 tsp)
- Collards greens (½ cup)
 - Chicken broth, low sodium (1 Tbsp)
- Rice, cooked (½ cup)
- Fruit cocktail, canned in water (1 cup)
- Iced tea, unsweetened (1 cup)

Dinner

- Catfish (3 oz), coated with flour and baked with canola oil (½ Tbsp)
- Sweet potato (1 medium)
 - Soft margarine (2 tsp)
- Spinach (½ cup)
 - Vegetable broth, low sodium (2 Tbsp)
- Corn muffin (1 medium), made with fat-free milk and egg substitute
 - Soft margarine (1 tsp)
- Watermelon (1 cup)
- Iced tea, unsweetened (1 cup)

Snack

- Graham crackers (4 large)
- Peanut butter, reduced fat, unsalted (1 Tbsp)
- Fat-free milk (½ cup)

* For a higher fat alternative, substitute ¼ cup of unsalted almond slices for the corn on the cob. Sprinkle the almonds on the rice.

Nutrient Analysis

Calories	1823	Total fat, % calories	30
Cholesterol (mg)	131	Saturated fat, % calories	5
Fiber (g)	43	Monounsaturated fat, % calories	14
Soluble (g)	8	Polyunsaturated fat, % calories	8
Sodium (mg)	1676	Trans fat (g)	3
Carbohydrates, % calories	59	Omega 3 fat (g)	0.4
		Protein, % calories	18
*Higher Fat Alternative	No salt is added in recipe preparation or as seasoning.		
Total fat, % calories	35	The sample menu meets or exceeds the Daily Reference Intake (DRI) for nutrients.	