

TLC Sample Menu

Traditional American Cuisine, Male 25-49 Years

Breakfast

- Oatmeal (1 cup)
 - o Fat-free milk (1 cup)
 - o Raisins (¼ cup)
- English muffin (1 medium)
 - o Soft margarine (2 tsp)
 - o 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
 - o Whole-wheat bun (1 medium)
 - o Roast beef, lean (2 oz)
 - o Swiss cheese, low fat (1 oz slice)
 - o Romaine lettuce (2 leaves)
 - o Tomato (2 medium slices)
 - o Mustard (2 tsp)
- Pasta salad (1 cup)
 - o Pasta noodles (¾ cup)
 - o 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)
 - o Parmesan cheese (1 Tbsp)
- Rice^{*} (1½ cup)
- Corn kernels (½ cup)
 - o Soft margarine (1 tsp)
- Broccoli (½ cup)
 - o Soft margarine (1 tsp)
- Roll (1 small)
 - o 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)

^{*} 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
*Higher Fat Alternative	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.	