

## Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

• VIRGINIA'S LAND GRANT UNIVERSITIES

Publication 348-335

Reprinted 1988

### SAMPLE MENU PLANNING SHEET

1200 = TOTAL DAILY EXCHANGES EQUAL:		2	6	3	3	4	2	+	100	
calories										cal
meal	amt.	Food Item	milk	meat	veg	fruit	bread	fat	cal.	
Brk.	½C	Skim milk (in AM coffee)	½						45	
	¼C	Cottage cheese		1					55	
	¼C	Unsw. applesauce				½			30	
	2 sl.	Whole wheat toast					2		140	
	1 tsp.	Diet margarine						½	25	
Lun.	2c (lg.)	Tossed salad w/raw vegetables			2				50	
	3 tbsp.	Low-Cal Dressing @ 15 kcal/tbsp.							45	
	1 oz.	Diced chicken (leftover from last night)		1					55	
	1 oz.	Cheese (plus 1 fat) put on salad		1					55	
	6	Saltines					1	1	80	
	¼	Sm. cantaloupe				1			40	
PM snack with kids	1c	Skim milk	1						90	
	1	Oreo cookies							50	
Din.	3 oz.	Baked pork chop (lean trimmed)		3					165	
	½C	Corn					1		80	
	½C	Steamed broccoli			1				25	
	½C	Lowfat plain yogurt w/ Sliced banana (add vanilla)	½					½	40	
	½					1			25	
Eve	8 oz.	Unsw. iced tea							40	
Snack	½C	Dzerta with 1/4 cup fruit cocktail				½			20	
<b>Actual Totals - Should equal top line!</b>			2	6	3	3	4	2	1200	

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia; Clinton V. Turner, Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia.