

FIBER

Minimum:

Males - 30 grams / day

Females - 21 grams / day

Sources:

Whole Grains

(breads, cereals, pasta, rice)

1 serving = 2-8 grams

Legumes (dry beans)

1 serving = 4-8 grams

Vegetables

1 serving = 1-4 grams

Whole fruits (not juice)

1 serving = 1-4 grams

Breakfast Place Mat

FRUITS

1 Serving (2-4 servings / day)

Serving = ½ cup

Apple, ½ Banana

Kiwi, Orange

Nectarine, Peach

½ Grapefruit

½ Mango

½ cup Strawberries

1 cup Raspberries

1/3 Cantaloupe

17 Grapes

½ cup 100% fruit juice

Eating pieces of fruit is better than juice,
it is more filling and it adds fiber.
When you buy juice, get juice without added sugar.

VEGETABLES

1 serving (3-5 servings / day)

Serving = ½ cup cooked
or 1 cup raw vegetables

Breakfast Veggie ideas:

Tomatoes, fresh

Tomatoes, canned, peeled

Tomato juice

Onions (with eggs)

Peppers (with eggs)

GRAINS & STARCH

2 Servings (6-11 servings / day)

Serving = 1 oz = 1 slice of bread, 1 cup dry cereal,
½ cup cooked rice, cereal or pasta.

Make half your grains whole.

Starchy

Vegetables:

Corn

Potatoes

Refined Grains:

Cornbread

Corn flakes

Corn tortillas

Flour tortillas

Grits

White bread

Whole Grains:

Dry Cereal

Cooked Cereal

Muesli

Whole Wheat bread

MEAT & BEANS

1 Serving (2-3 servings / day)

Serving = ~ 3 oz

Breakfast Meat ideas:

Eggs

Pork (lean, ham)

Canadian Bacon

Cottage cheese

Black Beans

Refried beans

MILK

1 Serving (3 servings / day)

1 cup Milk (1% or Skim)

¾ cup Yogurt

1½ oz natural Cheese

2 oz processed Cheese

2 cups Cottage Cheese

Choose non-fat or low-fat products

Supplements

Optional or As needed:

Calcium

1200 mg / day

3 cups milk or yogurt
or supplement

Vitamin D

600 IU / day

3 cups milk
or supplement

Vitamin B12

2.4 µg / day

How many Calories do you need?

A quick method:

Weight loss = 12-13 Calories per pound of bodyweight.

Maintenance = 15-16 Calories per pound of bodyweight.

Weight gain = 18-19 Calories per pound of bodyweight.

Examples:

Weight loss: 150 lbs x 12 Calories = 1800 Calories / day

Maintenance: 150 lbs x 15 Calories = 2250 Calories / day