



Permian Internal Medicine Associates

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1200 Calorie Meal Plan

The following sample menu for a 1200 calorie meal plan includes a total of 5 starch, 2 fruit, 2 dairy, 3 non-starchy vegetable, 5 protein, and 4 fat daily.

EXCHANGES

SAMPLE

Breakfast	1 Starch 1 Fruit 1 Fat 1 Dairy	½ Cup Cooked Oatmeal ¾ Cup Blueberries 4 Walnut Halves Or 1 Ounce, Chopped 8 Ounces (1 Cup) Skim Milk
Lunch	1 Starch 1 Starch 2 Protein, Very Lean 1 Fat 1 Vegetable	1 Cup Minestrone Soup ½ Whole Wheat Pita 2 Ounces Tuna In Water 1 Tablespoon Light Mayonnaise 1 Cup Baby Carrots
Snack	1 Fruit	1 Small Apple
Dinner	3 Protein, Lean 2 Starch 2 Vegetable 2 Fat Free Food	3 Ounces Grilled Chicken Breast 2/3 Cup Brown Rice 1 Cup Sauteed Spinach 2 Teaspoons Olive Oil 1 Cup Tossed Salad With 1 Tablespoon Fat Free Dressing
Snack	1 Dairy	6 Ounces (2/3 Cup) Light Yogurt

A healthy diet is essential for good health and nutrition. It can protect you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially produced trans-fats, are essential for healthy diet.

Source: <https://bit.ly/3KUI9X5>