



Permian Internal Medicine Associates

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1500 Calorie Meal Plan

The following sample menu for a 1500 calorie meal plan includes a total of 6 starch, 3 fruit, 3 dairy, 3 non-starchy vegetable, 6 protein, and 4 fat daily.

EXCHANGES

SAMPLE

Breakfast	1 starch 1 fruit 1 fat 1 dairy 1 protein, lean	1 slice whole wheat toast 1 small orange 1 teaspoon butter or margarine 8 ounces (1 cup) skim milk ¼ cup low fat cottage cheese
Snack	1 fruit	1 small banana (4 oz)
Lunch	2 starch 2 protein, very lean 1 vegetable 1 fat	2 slices of rye bread 2 ounces of chicken ½ cup chopped celery ½ cup sliced tomato for sandwich 1 teaspoon light mayo
Snack	1 dairy	6 ounces (2/3 cup) light yogurt
Dinner	3 protein, lean 2 starch 2 vegetable 1 fruit 1 vegetable, 1 free food 2 fat	3 ounces roast beef ½ large baked potato 1 cup broccoli, steamed 1 ¼ cup strawberries Tossed salad plus 1 cup vegetable 1 teaspoon of butter or margarine 2 tablespoons reduced – fat salad dressing
Snack	1 starch 1 dairy	3 ginger snaps 8 ounces (1 cup) skim milk

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>