



# Permian Internal Medicine Associates

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## 1800 Calorie Meal Plan

The following sample menu for a 1800 calorie meal plan includes a total of 7 starch, 4 fruit, 3 dairy, 4 non-starchy vegetable, 7 protein, and 5 fat daily.

### EXCHANGES

### SAMPLE

Breakfast	2 starch 1 fruit 1 milk 1 protein, medium fat 1 fat	2 slices whole wheat toast ½ grapefruit 8 ounces (1 cup) skim milk 1 egg, poached 1 teaspoon margarine
Snack	1 milk	6 ounces (2/3 cup) light yogurt
Lunch	1 starch 1 starch 2 protein, lean 1 fat 1 vegetable Free food 1 fruit	2 slices whole wheat light bread ¾ ounces of pretzels 2 ounces sliced turkey 1 tablespoon light mayonnaise 1 cup cucumber and tomato salad 2 tablespoons fat free Italian dressing ¾ cup fresh pineapple
Snack	1 vegetable 1 fat 1 fruit	1 red pepper sliced 2 tablespoons light ranch dressing 1 cup cubed cantaloupe
Dinner	3 protein, lean 2 starch 2 vegetable 2 fat 1 fruit	3 ounces pork loin roast 1 cup roasted potato 1 cup steamed asparagus 2 teaspoons oil ½ large pear
Snack	1 starch 1 protein, high fat 1 milk	1 frozen low -fat waffle, toasted 1 tablespoon peanut butter 8 ounces (1 cup) skim milk 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>