



Easy Menu Changes

	<u>Menu #1</u> Eating for Illness (Before changes)	→	<u>Menu #2</u> Eating for Health (After changes)
Breakfast:	* 1.5 cups <i>Golden Grahams</i> * 1 cup 2% milk * 1 cup orange juice	→	1.5 cups <i>Total Cereal</i> 1 cup skim milk 1 Tbs. almonds (10) 1 banana 1 mug water
Fast Food Lunch:	* 1 cheeseburger * 1 package cookies (2 oz) * 16 oz shake	→	1 Turkey sandwich on wheat (6") lettuce, tomato, pickle, mustard 1 small yogurt cone 1 cup water
Snack:	* 1 regular white bagel * 1 tablespoon peanut butter	→	1 100% whole-wheat bagel 1 tablespoon jam
Dinner:	* 4 oz fried chicken with skin 1 baked potato * 1 Tbs. butter 1 cup lettuce * 2 Tbs. regular salad dressing 1 regular sugar soda (12 oz)	→	4 oz chicken breast without skin 1 baked potato 2 Tbs. fat-free sour cream 2 cups salad with veggies 2 Tbs. low-calorie dressing 1 cup water
Late-night Munchies:	* 1 bag potato chips (1.5 oz) * 1 cup regular ice cream * 2 Tbs. hot fudge	→	1 small bag pretzels (1.5 oz) 1 cup non-fat frozen yogurt ½ cup frozen berries 1 no-sugar soda (12 oz)
Comparison:	3660 calories (goal 1600-2400) 151 g. fat (goal 35-60 grams) 18 g. fiber (goal 25-35 grams)		1800 calories (goal met) 37 g. fat (goal met) 33 g. fiber (goal met)

Small and easy changes do make better meals!

Choose 3 easy changes you can make to improve your eating:

- 1) **Add veggies** to all meals and snacks.
- 2) **Substitute non-fat dressings** for high fat dressings –
 mustard for mayo, nonstick spray for oil, sugar free jam for margarine.
- 3) **Choose 100% whole wheat bread** instead of white; **Choose high-fiber cereals.**
- 4) **Drink skim milk** instead of fatty milk (e.g. sugar-free cocoa for regular)
- 5) **Eat a piece of fruit** instead of drinking juice.
- 6) **Drink 3-4 mugs of water**; Say NO to sugary soda; Have a diet drink for a treat.