

1200 Calorie Menus – Breakfast

Choose one of these menus for breakfast:



| | Food | Calories | Carbohydrate | Fat | |
|----|----------------------------|----------|--------------|--------|-----------------|
| 1. | ½ c. unsweetened pineapple | 60 | 15 g. | 0 | 1 fruit |
| | ½ English muffin | 60 | 15 g. | 0.5 g. | 1 starch |
| | 2 tsp. low-sugar jelly | 16 | 4 g. | 0 | Free |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or Tea | 0 | 0 | 0 | free |
| 2. | 1 kiwi fruit | 46 | 15 g. | 0 g. | 1 fruit |
| | 1 small biscuit | 80 | 15 g. | 5 g. | 1 starch, 1 fat |
| | 2 tsp. low-sugar jam | 20 | 5 g. | 0 | free |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | free |
| 3. | 1 orange | 45 | 11 g. | 0 g. | 1 fruit |
| | ½ c. grits | 71 | 16 g. | 0 g. | 1 starch |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or Tea | 0 | 0 | 0 | free |
| 4. | ½ medium banana | 72 | 18.5 g. | 0 g. | 1 fruit |
| | ½ c. cooked oatmeal | 104 | 18 g. | 1.5 g. | 1 starch |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | free |
| 5. | ½ grapefruit | 64 | 16 g. | 0 g. | 1 fruit |
| | ½ bagel, small | 93 | 18.5 g. | 0 g. | 1 starch |
| | 1 Tbsp. cream cheese | 38 | 0.5 g. | 4 g. | 1 fat |
| | 2 tsp. low-sugar jelly | 16 | 4 g. | 0 | free |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or Tea | 0 | 0 | 0 | free |

1200 Calorie Menus – Continue Breakfast

Choose one of these menus for breakfast:



| | Food | Calories | Carbohydrate | Fat | |
|-----|----------------------------------|----------|--------------|--------|-----------------|
| 6. | ½ c. unsweetened applesauce | 51 | 14 g. | 0 g. | 1 fruit |
| | 1 slice French toast | 81 | 18 g. | 1 g. | 1 starch |
| | 1 tsp. soft margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 2 Tbsp. sugar-free syrup | 12 | 3 g. | 0 g. | free |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | Free |
| 7. | ½ c. juice-packed fruit cocktail | 40 | 11 g. | 0 g. | 1 fruit |
| | 1 slice whole wheat toast | 60 | 15 g. | 1 g. | 1 starch |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 2 tsp. low-sugar jam | 20 | 5 g. | 0 g. | free |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | free |
| 8. | 1 ¼ c. strawberries | 57 | 14 g. | 0 g. | 1 fruit |
| | ¼ c. low fat granola | 90 | 14.5 g. | 5 g. | 1 starch, 1 fat |
| | 6 oz. non-fat plain yogurt | 66 | 12.5 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | free |
| 9. | 1 orange | 45 | 11 g. | 0 g. | 1 fruit |
| | ¾ c. dry, unsweetened cereal | 80 | 15 g. | 1 g. | 1 starch |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | 4 pecan halves, chopped | 45 | 0 g. | 5 g. | 1 fat |
| | Coffee or tea | 0 | 0 | 0 | free |
| 10. | ½ c. pineapple juice | 66 | 16 g. | 0 g. | 1 fruit |
| | 1 slice unfrosted raisin toast | 71 | 14 g. | 1 g. | 1 starch |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | free |



1200 Calorie Menus – Continue Breakfast

Choose one of these menus for breakfast:

| | Food | Calories | Carbohydrate | Fat | |
|------------|--------------------------|----------|--------------|--------|-----------------|
| 11. | ½ c. cooked apples | 60 | 15 g. | 0 g. | 1 fruit |
| | 4 ½ inch fat free waffle | 60 | 15 g. | 1 g. | 1 starch |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1 Tbsp. sugar-free syrup | 6 | 1.5 g. | 0 g. | free |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | free |
| 12. | 1 tangerine | 40 | 10 g. | 0 g. | 1 fruit |
| | 1 small muffin | 125 | 20 g. | 6 g. | 1 starch, 1 fat |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | free |
| 13. | ½ c. orange juice | 45 | 11 g. | 0 g. | 1 fruit |
| | ½ c. grits | 71 | 16 g. | 0 g. | 1 starch |
| | 1 piece bacon | 46 | 0 g. | 5 g. | 1 fat |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | free |
| 14. | ¾ c. blueberries | 63 | 11 g. | 0 g. | 1 fruit |
| | 1 4-inch pancake | 74 | 14 g. | 1 g. | 1 starch |
| | 1 Tbsp. sugar-free syrup | 6 | 1.5 g. | 0 g. | free |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 milk |
| | Coffee or tea | 0 | 0 | 0 | free |



1200 Calorie Menus – Lunch

Choose one of these menus for lunch:

| | Food | Calories | Carbohydrate | Fat | |
|----|----------------------------|----------|--------------|--------|-----------------------|
| 1. | 1 oz. low-fat lunch meat | 47 | 1 g. | 2 g. | 1 meat |
| | 1 bun | 120 | 30 g. | 2 g. | 2 starches |
| | 1 Tbsp. reduced-fat mayo | 48 | 1 g. | 5 g. | 1 fat |
| | 1 c. cooked carrots | 37 | 8 g. | 0 g. | 2 vegetables |
| | ½ medium banana | 72 | 18.5 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 2. | 1 fat-free hot dog | 45 | 3 g. | 1.5 g. | 1 meat |
| | 1 hot dog bun | 120 | 30 g. | 2 g. | 2 starches |
| | ½ c. cole slaw | 98 | 9 g. | 7 g. | 1 vegetable, 1 fat |
| | ½ c. cooked green beans | 22 | 5 g. | 0 g. | 1 vegetable |
| | 1 ¼ c. watermelon | 60 | 15 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 3. | ¼ c. tuna salad | 98 | 3 g. | 5 g. | 1 meat, 1 fat |
| | 8 rye crisps | 148 | 33 g. | 0.5 g. | 2 starches |
| | 1 c. cut-up raw vegetables | 25 | 5 g. | 0 g. | 1 vegetable |
| | 1 tomato, sliced | 22 | 5 g. | 0 g. | 1 vegetable |
| | 1 orange | 45 | 11 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 4. | 1 oz. turkey breast | 38 | 0 g. | 0 g. | 1 meat |
| | 2 slices whole wheat bread | 120 | 30 g. | 2 g. | 2 starches |
| | ½ c. cooked cauliflower | 29 | 6 g. | 0 g. | 1 vegetable |
| | ½ c. cooked broccoli | 27 | 6 g. | 0 g. | 1 vegetable |
| | 1 Tbsp. reduced-fat mayo | 48 | 1 g. | 5 g. | 1 fat |
| | 1 apple | 63 | 17 g. | 0 g. | 1 fruit |
| | Sugar-free drink | | | | free |
| 5. | 1 oz. canned salmon | 39 | 0 g. | 2 g. | 1 meat |
| | 1 Tbsp. reduced-fat mayo | 48 | 1 g. | 5 g. | 1 fat |
| | 1 pita bread, 6 inch | 170 | 35 g. | 2 g. | 2 starches |
| | 1 c. cooked zucchini | 28 | 7 g. | 0 g. | 2 vegetables |
| | ½ c. fruit salad | 60 | 17 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |



1200 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:

| | Food | Calories | Carbohydrate | Fat | |
|------------------------------------|--------------------------------------|-----------------------------|--------------|------|---------------|
| 6. | 1 Tbsp. peanut butter | 94 | 3 g. | 8 g. | 1 meat, 1 fat |
| | 1 slice whole grain bread | 60 | 15 g. | 1 g. | 1 starch |
| | 1 cup chicken noodle soup | 110 | 14 g. | 2 g. | 1 starch |
| | 2 c. cut up raw vegetables | 50 | 10 g. | 0 g. | 2 vegetables |
| | ½ medium banana | 72 | 18.5 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 7. | 1 oz. reduced-fat cheese | 79 | 1 g. | 5 g. | 1 meat |
| | 1 wheat bun | 120 | 30 g. | 2 g. | 2 starches |
| | 1 c. oriental-style mixed vegetables | 40 | 8 g. | 0 g. | 2 vegetables |
| | 1 peach | 61 | 16 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| | 8. | ¼ c. low fat cottage cheese | 50 | 5 g. | 2.5 g. |
| 12 unsalted crackers | | 120 | 30 g. | 3 g. | 2 starches |
| 1 c. salad greens | | 16 | 2 g. | 0 g. | free |
| 1 c. cut up raw vegetables | | 25 | 5 g. | 0 g. | 1 vegetable |
| 2 Tbsp. reduced-fat ranch dressing | | 66 | 5 g. | 5 g. | 1 fat |
| ½ c. pineapple in own juice | | 60 | 15 g. | 0 g. | 1 fruit |
| Sugar-free drink | | 0 | 0 | 0 | free |
| 9. | ¼ c. shrimp salad | 96 | 5 g. | 5 g. | 1 meat, 1 fat |
| | 1 English muffin | 120 | 30 g. | 1 g. | 2 starches |
| | ½ c. okra & tomatoes | 30 | 7 g. | 0 g. | 1 vegetable |
| | ½ cup cooked greens | 28 | 4 g. | 0 g. | 1 vegetable |
| | 1 nectarine | 57 | 14 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |

1200 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:



| | Food | Calories | Carbohydrates | Fat | |
|------------|-----------------------------------|----------|---------------|------|---------------|
| 10. | 1 oz. sliced roast beef | 35 | 0 g. | 1 g. | 1 meat |
| | 1 bun | 120 | 30 g. | 2 g. | 2 starches |
| | 1 tsp. mustard | 3 | 0.5 g. | 0 g. | free |
| | 1 Tbsp. reduced-fat mayo | 48 | 1 g. | 5 g. | 1 fat |
| | ½ c. cooked beets | 37 | 8 g. | 0 g. | 1 vegetable |
| | ½ c. cooked Brussels sprouts | 15 | 3 g. | 0 g. | 1 vegetable |
| | 1 ¼ c. strawberries | 57 | 14 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 11. | 1 small chicken leg | 109 | 0 g. | 5 g. | 1 meat |
| | 1 small baked potato | 57 | 13 g. | 0 g. | 1 starch |
| | 1 small dinner roll | 84 | 14 g. | 2 g. | 1 starch |
| | ½ c. asparagus | 20 | 4 g. | 0 g. | 1 vegetable |
| | ½ c. yellow squash | 18 | 4 g. | 0 g. | 1 vegetable |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 17 grapes | 60 | 15 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 12. | ¼ c. egg salad | 115 | 1.5 g. | 8 g. | 1 meat, 1 fat |
| | 12 saltine crackers | 120 | 30 g. | 3 g. | 2 starches |
| | 1 c. salad greens | 8 | 1 g. | 0 g. | free |
| | 1 c. cut up raw vegetables | 25 | 5 g. | 0 g. | 1 vegetable |
| | 2 Tbsp. fat-free Italian dressing | 7 | 1 g. | 0 g. | free |
| | 1/3 cantaloupe | 60 | 15 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |

1200 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:



| | Food | Calories | Carbohydrate | Fat | |
|------------|------------------------------------|----------|--------------|------|---------------------|
| 13. | 1 c. bean soup | 165 | 15 g. | 7 g. | 1 meat, 1 starch |
| | 2 inch square cornbread | 125 | 15 g. | 5 g. | 1 starch, 1 fat |
| | 1 c. salad greens | 8 | 2 g. | 0 g. | 1 vegetable |
| | 1 c. cut up raw vegetables | 25 | 5 g. | 0 g. | 1 vegetable |
| | 2 Tbsp. reduced fat ranch dressing | 66 | 5 g. | 5 g. | 1 fat |
| | ½ c. unsweetened applesauce | 51 | 14 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |

| | | | | | |
|------------|--------------------------|-----|--------|--------|------------------------|
| 14. | ½ c. spaghetti sauce | 70 | 10 g. | 2.5 g. | 2 vegetables, ½ fat |
| | 2 Tbsp. Parmesan cheese | 44 | 0.5 g. | 3 g. | 1 meat |
| | 2/3 c. spaghetti | 146 | 28 g. | 1 g. | 2 starches |
| | ½ c. Italian green beans | 22 | 5 g. | 0 g. | 1 vegetable |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | Sugar-free drink | 0 | 0 | 0 | free |

1200 Calorie Menus – Supper

Choose one of these menus for Supper:



| | Food | Calories | Carbohydrate | Fat | |
|----|----------------------------------|----------|--------------|--------|-----------------------|
| 1. | 3 oz. sirloin steak | 212 | 0 g. | 7.5 g. | 3 meats |
| | 1 small baked potato | 57 | 13 g. | 0 g. | 1 starch |
| | ½ c. broccoli | 27 | 6 g. | 0 g. | 1 vegetable |
| | ½ c. cooked carrots | 18 | 4 g. | 0 g. | 1 vegetable |
| | 3 Tbsp. reduced-fat sour cream | 67 | 3 g. | 5 g. | 1 fat |
| | ½ c. juice-packed fruit cocktail | 40 | 11 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 2. | 3 oz. chicken breast | 138 | 0 g. | 4.5 g. | 3 meats |
| | 1/3 c. brown rice with | 72 | 15 g. | 0 g. | 1 starch |
| | ½ c. cooked mushrooms | 42 | 6 g. | 1 g. | 1 vegetable |
| | ½ c. collard greens | 24 | 4 g. | 0 g. | 1 vegetable |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1/3 cantaloupe | 60 | 15 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 3. | 2 oz. baked ham | 132 | 4 g. | 1.5 g. | 2 meats |
| | ½ c. lima beans | 88 | 17 g. | 0 g. | 1 starch, 1 meat |
| | ½ c. stewed tomatoes | 30 | 3.5 g. | 3.5 g. | 1 vegetable, ½ fat |
| | ½ c. okra | 18 | 4 g. | 0 g. | 1 vegetable |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1 peach | 61 | 16 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 4. | 3 oz. roast beef | 138 | 0 g. | 3.5 g. | 3 meats |
| | ½ c. mashed potatoes | 90 | 15 g. | 3 g. | 1 starch, ½ fat |
| | 1 c. green beans | 44 | 10 g. | 0 g. | 2 vegetables |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 17 grapes | 60 | 15 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |

1200 Calorie Menus – Supper

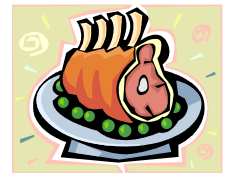
Choose one of these menus for Supper:



| | Food | Calories | Carbohydrate | Fat | |
|----|---------------------------------|----------|--------------|--------|--------------------------|
| 5. | 3 oz. boiled shrimp | 100 | 0 g. | 1.5 g. | 3 meats |
| | 1/3 c. rice | 72 | 15 g. | 0 g. | 1 starch |
| | 1 c. yellow squash and zucchini | 29 | 7 g. | 0 g. | 2 vegetables |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1/2 c. fruit salad | 60 | 17 | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 6. | 3 oz. oven fried chicken breast | 152 | 14 g. | 6 g. | 3 meats, 1 starch, 1 fat |
| | 1 c. greens | 11 | 2 g. | 0 g. | 2 vegetables |
| | 1 1/4 c. watermelon cubes | 60 | 15 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 7. | 3 oz. broiled scallops | 95 | 0 g. | 1 g. | 3 meats |
| | 1/3 c. rice | 72 | 15 g. | 0 g. | 1 starch |
| | 1 cup broccoli | 54 | 12 g. | 0 g. | 2 vegetables |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1 nectarine | 57 | 14 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 8. | 3 oz. baked pork chop | 197 | 0 g. | 11 g. | 3 meats |
| | 1/2 c. corn | 59 | 14 g. | 0 g. | 1 starch |
| | 1/2 c. cabbage | 14 | 3.5 g. | 0 g. | 1 vegetable |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1/2 c. unsweetened applesauce | 51 | 14 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| 9. | 3 oz. broiled fish | 90 | 0 g. | 1 g. | 3 meats |
| | 2 inch square cornbread | 125 | 15 g. | 5 g. | 1 starch, 1 fat |
| | 1 c. greens | 48 | 16 g. | 0 g. | 2 vegetables |
| | 1 c. honeydew melon | 62 | 15 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |

1200 Calorie Menus – Continue Supper

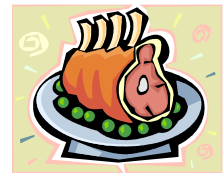
Choose one of these menus for Supper:



| | | | | | |
|------------|---------------------------------|----------|--------------|--------|------------------------|
| | Food | Calories | Carbohydrate | Fat | |
| 10. | 3 oz. broiled ground beef patty | 319 | 0 g. | 22 g. | 3 meats |
| | 12 oven fries | 90 | 17 g. | 2 g. | 1 starch |
| | ½ c. cole slaw | 98 | 9 g. | 7 g. | 1 vegetable, 1 fat |
| | 1 sliced tomato | 22 | 5 g. | 0 g. | 1 vegetable |
| | 2 small plums | 60 | 15 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| | | | | | |
| 11. | 3 oz. flank steak | 180 | 0 g. | 9 g. | 3 meats |
| | ½ c. green peas | 62 | 11.5 g. | 0 g. | 1 starch |
| | ½ c. spinach | 21 | 3 g. | 0 g. | 1 vegetable |
| | ½ c. cauliflower | 29 | 6 g. | 0 g. | 1 vegetable |
| | 1 tsp. margarine | 45 | 0 | 5 g. | 1 fat |
| | 1 pear | 81 | 21 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |
| | | | | | |
| 12. | 2 oz. lean pork roast | 185 | 0 g. | 5.5 g. | 2 meats |
| | ½ c. black-eyes peas | 90 | 16 g. | 1 g. | 1 starch, 1 meat |
| | 1 c. stewed tomatoes and okra | 48 | 8 g. | 3.5 g. | 2 vegetables, ½ fat |
| | 1 tsp. margarine | 45 | 0 g. | 5g. | 1 fat |
| | 1 tangerine | 40 | 10 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |

1200 Calorie Menus – Continue Supper

Choose one of these menus for Supper:



| | Food | Calories | Carbohydrate | Fat | |
|------------|---------------------------|----------|--------------|--------|-------------|
| 13. | 3 oz. turkey | 115 | 0 g. | 1 g. | 3 meats |
| | 1 c. acorn squash | 56 | 15 g. | 0 g. | 1 starch |
| | ½ c. cooked beets | 37 | 8.5 g. | 0 g. | 1 vegetable |
| | ½ c. zucchini | 28 | 7 g. | 0 g. | 1 vegetable |
| | 1 small apple | 63 | 17 g. | 0 g. | 1 fruit |
| | 1 teaspoon margarine | 45 | 0 g. | 5 g. | 1 fat |
| | Sugar-free drink | 0 | 0 | 0 | free |
| | | | | | |
| 14. | 3 oz. grilled chicken | 123 | 0 g. | 4 g. | 3 meats |
| | ½ large cob of corn | 59 | 14 g. | 0.5 g. | 1 starch |
| | 1 c. tossed salad | 17 | 3 g. | 0 g. | 1 vegetable |
| | 1 Tbsp. fat-free dressing | 17 | 4 g. | 0 g. | free |
| | 1 tsp. margarine | 45 | 0 g. | 5 g. | 1 fat |
| | 1 orange | 45 | 11 g. | 0 g. | 1 fruit |
| | Sugar-free drink | 0 | 0 | 0 | free |

Snacks

Note: Pattern allows for one choice from this list before bedtime or at time specified by health care professional.

| | Food | Calories | Carbohydrate | Fat | Exchange |
|-----|---|----------|----------------|-------------|----------|
| 1. | 3 (2 ½ inch) graham crackers | 80 | 15 g. | 1 g. | 1 Starch |
| 2. | 1 small apple or orange | 63 45 | 17 g. 11 g. | 1 g 0 g. | 1 Fruit |
| 3. | ¾ c. blueberries | 63 | 11 g. | 0 g. | 1 Fruit |
| 4. | 5 reduced fat crackers | 125 | 15 g. | 5 g. | 1 Starch |
| 5. | 1 slice whole wheat toast and 2 tsp. light jelly | 60 | 15 g. | 1 g. | 1 Starch |
| 6. | 3 ginger snaps | 90 | 17 g. | 2 g. | 1 Starch |
| 7. | 3 c. air popped popcorn | 93 | 18 g. | 0 g. | 1 Starch |
| 8. | ½ c. canned fruit in light syrup or juice | 67 | 17 g. | 0 g. | 1 Fruit |
| 9. | 1 c. non-fat milk | 91 | 12 g. | 0.5 g. | 1 Milk |
| 10. | 1 c. low fat buttermilk | 86 | 11 g. | 3.5 g. | 1 Milk |
| 11. | 6 oz. light, non-fat fruit yogurt | 80 | 16 g. | 0.5 g. | 1 Milk |
| 12. | 1 c. sugar-free hot chocolate | 107 | 18 g. | 0 g. | 1 Milk |