

2000 Uptown Foods Calorie Menus – Breakfast

Choose one of these menus for breakfast:



	Food	Calories	Carbohydrate	Fat	Exchanges
1.	3 buckwheat pancakes	330	45 g.	12 g.	3 starches, 2 1/2 fats
	2 Tbsp. sugar-free syrup	12	3 g.	0 g.	free
	½ c. orange juice	45	11 g.	0 g.	1 fruit
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk
2.	1 c. oatmeal	208	36 g.	3 g.	2 starches
	1 small sliced banana	52	14 g.	0 g.	1 fruit
	1 Tbsp. slivered almonds	54	2 g.	5 g.	1 fat
	1 slice whole wheat toast	60	15 g.	1 g.	1 starch
	2 tsp. light jelly	16	4 g.	0 g.	free
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk
3.	1 c. grits	142	32 g.	0 g.	2 starches
	1 egg, scrambled	80	1 g.	5 g.	1 meat
	1 slice whole wheat toast	60	15 g.	1 g.	1 starch
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	1 orange	45	11 g.	0 g.	1 fruit
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk
4.	Strawberry yogurt parfait				
	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. fat-free plain yogurt	66	12.5 g.	0.5 g.	1 milk
	1 whole wheat English muffin	120	30 g.	1 g.	2 starches
	1 tsp. light jelly	8	2 g.	0 g.	free
5.	1 medium whole grain bagel	280	45 g.	0 g.	3 starches
	2 Tbsp. reduced fat cream cheese	56	2 g.	4 g.	1 fat
	½ large grapefruit	64	16 g.	0 g.	1 fruit
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk

2000 Uptown Foods Calorie Menus – Continue Breakfast

Choose one of these menus for breakfast:



	Food	Calories	Carbohydrate	Fat	Exchanges
6.	2 slices whole grain French toast	162	36 g.	2 g.	2 starches
	2 Tbsp. sugar-free syrup	12	3 g.	0 g.	free
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	1 c. cooked apples	120	30 g.	0 g.	2 fruits
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk
7.	1 whole wheat English muffin	120	30 g.	1 g.	2 starches
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	2 tsp. light jelly	16	4 g.	0 g.	free
	½ cup shredded wheat	79	19 g.	0.5 g.	1 starch
	½ c. orange juice	45	11 g.	0 g.	1 fruit
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk
8.	Banana almond yogurt parfait				
	6 oz. fat-free vanilla yogurt, with artificial sweetener	100	19 g.	0 g.	1 milk
	¼ c. Grape-Nuts	100	20 g.	0.5 g.	1 starch
	1 Tbsp. slivered almonds	54	2 g.	5 g.	1 fat
	1 small sliced banana	52	14 g.	0 g.	1 fruit
	2 slices whole wheat toast	120	15 g.	2 g.	2 starches
	2 tsp. light jelly	16	4 g.	0 g.	free
9.	1 1/2 c. bran flakes cereal	201	48 g.	0 g.	3 starches
	¾ c. blueberries	63	11 g.	0 g.	1 fruit
	1 Tbsp. slivered almonds	54	2 g.	5 g.	1 fat
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk

2000 Uptown Foods Calorie Menus – Continue Breakfast



Choose one of these menus for breakfast:

	Food	Calories	Carbohydrate	Fat	Exchanges
10.	Breakfast tortilla				
	1 flour tortilla, soft - 6 in.	110	18 g.	3 g.	1 starch
	½ c. egg substitute	67	1 g.	0 g.	2 meat
	½ c. black beans	113	20 g.	0 g.	1 starch
	2 Tbsp. salsa	8	2 g.	0 g.	free
	¾ c. hash brown potatoes	140	20 g.	6 g.	1 starch, 1 fat
	1 kiwi fruit	46	15 g.	0 g.	1 fruit
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk
11.	2 reduced-fat waffles	120	28 g.	2 g.	2 starches
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	2 Tbsp. sugar-free syrup	12	3 g.	0 g.	free
	¼ c. fat-free granola	80	20 g.	1.5 g.	1 starch
	1/3 cantaloupe	60	15 g.	0 g.	1 fruit
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk
12.	1 c. cooked oatmeal	208	36 g.	3 g.	2 starches
	2 Tbsp. raisins	42	11 g.	0 g.	1 fruit
	4 pecan halves	52	1 g.	5 g.	1 fat
	1 slice whole wheat toast	60	15 g.	1 g.	1 starch
	2 tsp. reduced sugar jam	20	5 g.	0 g.	free
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk
13.	1 c. grits	142	32 g.	0 g.	2 starches
	1 slice whole wheat toast	60	15 g.	1 g.	1 starch
	2 tsp. reduced-sugar jam	20	5 g.	0 g.	free
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	½ c. orange juice	45	11 g.	0 g.	1 fruit
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk
14.	¾ c. raisin bran flakes	127	30 g.	1 g.	2 starches
	topped with 1 Tbs. slivered almonds	54	2 g.	5 g.	1 fat
	1 small sliced banana	52	14 g.	0 g.	1 fruit
	½ c. orange juice	45	11 g.	0 g.	1 fruit
	1 c. nonfat milk	91	12 g.	0.5 g.	1 milk

2000 Calorie Menus – Lunch

Choose one of these menus for lunch:



	Food	Calories	Carbohydrate	Fat	Exchanges
1.	Veggie burger 3 oz. soy-based burger	150	12 g.	6 g.	2 meat 1 starch
	1 slice reduced fat Swiss cheese	70	1 g.	4.5 g.	1 meat
	1 whole wheat bun	180	36 g.	4g.	2 starches
	2 tsp. Dijon mustard	3	0.5 g.	0 g.	free
	Lettuce and tomato	5	1 g.	0 g.	free
	¾ c. fresh pineapple	62	16.5 g.	0 g.	1 fruit
2.	Chicken Caesar salad				
	2 oz. grilled chicken strips on top of	92	0 g.	2 g.	2 meat
	2 c. endive	16	4 g.	0 g.	free
	2 Tbsp. grated Parmesan cheese	44	0 g.	3 g.	1 meat
	2 Tbsp. reduced-fat Caesar dressing	45	0 g.	5 g.	1 fat
	1 summer fruit parfait**	164	30 g.	4 g.	1 starch, 1 fruit, 1 fat
	1 large whole wheat roll	180	36 g.	4 g.	2 starches
3.	Grilled cheese & tomato sandwich with				
	3 oz. reduced-fat cheddar cheese and	237	3 g.	15 g.	3 meat
	2 tomato slices	11	2 g.	0 g.	free
	2 slices whole wheat bread	120	30 g.	2 g.	2 starches
	2 tsp. soft margarine	90	0 g.	10 g.	2 fats
	1 cup chicken with vegetables soup	93	13 g.	1 g.	1 starch
	½ c. green beans	22	5 g.	0 g.	1 vegetable
	½ c. fresh sliced peaches	61	16 g.	0 g.	1 fruit

** recipe provided



2000 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:

	Food	Calories	Carbohydrate	Fat	Exchanges
4.	1 c. bean soup with 2 oz. chopped ham	358	15 g.	13 g.	3 meat 1 starch
	1 c. cucumbers, tomatoes & onions	25	5 g.	0 g.	1 vegetable
	2 (2-inch) square of cornbread	250	30 g.	10 g.	2 starches 2 fats
	½ c. unsweetened applesauce	51	14 g.	0 g.	1 fruit
5.	1 slice thin-crust vegetarian pizza (1 slice = 1/8 medium pizza)	377	37.5 g.	8.5 g.	2 starches 2 meat 1 ½ fat
	2 c. mixed green salad	32	4 g.	0 g.	1 vegetable
	2 Tbsp. fat-free balsamic vinaigrette	30	7 g.	0 g.	free
	1 tangerine	74	18 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
6.	Peanut butter & jelly sandwich with				
	3 Tbsp. peanut butter and 2 tsp. light jelly	282	9 g.	24 g.	3 meat
	2 slices whole wheat bread	16	4 g.	0 g.	free
	8 baby carrots	120	30 g.	2 g.	2 starches
	1 c. strawberries, kiwi, and banana	37	8 g.	0 g.	1 vegetable
		140	30 g.	0 g.	2 fruits



2000 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:

	Food	Calories	Carbohydrate	Fat	Exchanges
7.	Chicken salad sandwich				
	1 whole wheat pita (6 in.)	170	35 g.	2 g.	2 starches
	3 oz. chopped chicken breast with	138	0 g.	4.5 g.	3 meat
	2 Tbsp. fat-free mayonnaise and	22	4 g.	0 g.	free
	1 Tbsp. slivered almonds	54	2 g.	5 g.	1 fat
	2 tomato slices	11	2 g.	0 g.	free
	1 c. mixed green salad	16	4 g.	0 g.	free
	1 Tbsp. fat-free raspberry vinaigrette	35	7 g.	0 g.	free
	17 grapes	60	15 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
8.	Tuna pasta salad with				
	3 oz. water-packed tuna and	75	0 g.	1.5 g.	3 meat
	2/3 c. bow-tie pasta, and	141	28 g.	0 g.	2 starches
	1 c. cherry tomatoes, broccoli, and carrots	33	4 g.	0 g.	1 vegetable
	1 Tbsp. Italian dressing	42	2 g.	4 g.	1 fat
	1 small whole wheat roll	84	14 g.	2 g.	1 starch
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	1 orange	45	11 g.	0 g.	1 fruit
9.	Roast beef sandwich				
	3 oz. lean roast beef and	105	0 g.	3 g.	3 meat
	¼ c. cooked mushrooms	16	4 g.	0 g.	1 vegetable
	2 slices tomato & lettuce	11	2 g.	0 g.	free
	1 whole grain bun	120	30 g.	3 g.	2 starches
	1 tsp. mustard	3	0.5 g.	0 g.	free
	1 tsp. mayonnaise	57	4 g.	5 g.	1 fat
	½ c. apple, walnut, raisin salad **	87	15 g.	3 g.	1 fruit ½ fat
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk

**Recipe provided

2000 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:



	Food	Calories	Carbohydrate	Fat	Exchanges
10.	Shrimp & spinach salad				
	3 oz. grilled shrimp and	84	0 g.	0 g.	3 meat
	2 c. fresh baby spinach and	14	2 g.	0 g.	free
	1 c. mandarin oranges and strawberries and	70	18 g.	0 g.	1 fruit
	1 Tbsp. chopped red onion	4	1 g.	0 g.	free
	4 walnut halves, roasted	48	1 g.	5 g.	1 fat
	2 Tbsp. fat-free raspberry vinaigrette	14	2 g.	0 g.	free
	1 c. beef - barley soup	89	15 g.	1 g.	1 starch
	5 fat-free whole wheat crackers	80	15 g.	0 g.	1 starch
	½ mango	68	18 g.	0 g.	1 fruit
11.	3 oz. grilled salmon	179	0 g.	9 g.	3 meat
	1 whole grain bun	120	30 g.	3 g.	2 starches
	Lettuce and tomato slices	11	2 g.	0g.	free
	1 Tbs. reduced fat mayonnaise	40	1 g.	4 g.	1 fat
	1 c. broccoli slaw **	69	6 g.	5 g.	1 vegetable 1 fat
	17 small grapes	69	15 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
12.	Chicken tacos with				
	2 soft whole wheat flour tortilla (6-in.) filled with	188	30 g.	4 g.	2 starch, 1 fat
	2 oz. grilled chicken strips	92	0 g.	2 g.	2 meat
	4 Tbsp. shredded lettuce	0	0 g.	0 g.	free
	4 Tbsp. chopped tomato	8	2 g.	0 g.	free
	1 oz. reduced-fat cheddar cheese	79	1 g.	5 g.	1 meat
	4 Tbs. salsa	16	4 g.	0 g.	free
	2 Tbs. guacamole	46	2.5 g.	4 g.	1 fat
	8 baby carrots	37	8 g.	0 g.	1 vegetable
	1 large pear	132	36 g.	0 g.	2 fruits

** recipe provided

2000 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:



13. California turkey sandwich				
3 oz. turkey breast	114	0 g.	1 g.	3 meat
2 slices whole wheat bread	120	30 g.	2 g.	2 starches
2 Tbsp. avocado	60	3 g.	5 g.	1 fat
1 c. artichokes and carrots, and tomatoes	58	9 g.	0 g.	1 vegetable
1 Tbs. balsamic vinaigrette	43	1.5 g.	4 g.	1 fat
2 kiwi	92	30 g.	0 g.	2 fruit

14. Barbeque sandwich				
3 oz. roast pork	210	0 g.	10 g.	3 meat
1 whole wheat bun	120	18 g.	2 g.	2 starches
1 Tbsp. barbeque sauce	30	7 g.	0 g.	½ carb choice
1 cup carrot raisin salad**	134	30 g.	0 g.	2 vegetables 1 fruit
1 small apple	63	17 g.	0 g.	1 fruit

** recipe provided

2000 Calorie Menus – Supper

Choose one of these menus for Supper:



	Food	Calories	Carbohydrate	Fat	Exchanges
1.	4 oz. grilled beef filet	228	0 g.	8 g.	4 meat
	6 oz. baked potato	114	36 g.	0 g.	2 starches
	3 Tbsp. reduced-fat sour cream	67	3 g.	5 g.	1 fat
	1 c. broccoli & cauliflower	46	12 g.	0 g.	2 vegetables
	1 small whole wheat roll	90	18 g.	2 g.	1 starch
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	½ c. juice-packed fruit cocktail	40	11 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
2.	4 oz. grilled chicken breast	184	0 g.	7 g.	4 meat
	2/3 c. long grain and wild rice	134	30 g.	0 g.	2 starches
	½ c. sliced mushrooms	42	6 g.	1 g.	1 vegetable
	½ c. asparagus	20	4 g.	0 g.	1 vegetable
	1 slice whole grain bread	60	15 g.	1 g.	1 starch
	2 tsp. soft margarine	90	0 g.	10 g.	2 fats
	1/3 small cantaloupe	60	15 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
3.	4 oz. baked ham	264	8 g.	3 g.	4 meat
	3/4 c. baked sweet potato	135	30 g.	0 g.	2 starches
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	1 2-in square cornbread	125	15 g.	5 g.	1 starch, 1 fat
	1 c. stewed tomatoes and okra	60	7	3.5 g.	2 vegetables
	1 medium peach	61	16 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk

2000 Calorie Menus – Supper

Choose one of these menus for Supper:



	Food	Calories	Carbohydrate	Fat	Exchanges
4.	Shrimp stir-fry with				
	4 oz. sautéed shrimp	132	0 g.	2 g.	4 meats
	1 c. pea pods & sliced mushrooms	75	11.5 g.	0 g.	2 vegetables
	1 Tbsp. low-sodium teriyaki sauce	16	3 g.	0 g.	free
	1 cup brown rice	216	45 g.	1.5 g.	3 starches
	1/2 c. mango, papaya and grapes	60	17 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk

5.	2 spinach-ricotta manicotti **	275	36 g.	6 g.	2 starches 1 vegetable 2 meat
	1 whole wheat roll	90	18 g.	2 g.	1 starch
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	2 c. romaine lettuce	15	3 g.	0 g.	1 vegetable
	2 Tbsp. Parmesan cheese	44	0 g.	3 g.	1 meat
	2 Tbsp. fat-free vinaigrette	6	1 g.	0 g.	free
	1 ¼ c. watermelon cubes	60	15 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk

6.	4 oz. marinated flank steak **	220	0 g.	7 g.	4 meat
	1 large corn on cob	118	28 g.	0 g.	2 starches
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	1 c. steamed asparagus	40	8 g.	0 g.	2 vegetables
	½ c. low-fat ice-cream	70	14 g.	3 g.	1 starch, ½ fat
	1 ¼ c. whole strawberries	57	14 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk

2000 Calorie Menus – Supper

Choose one of these menus for Supper:



	Food	Calories	Carbohydrate	Fat	Exchanges
7.	4 oz. broiled scallops	189	0 g.	1 g.	4 meat
	1 c. long grain and wild rice	201	45 g.	0 g.	3 starches
	1 c. steamed broccoli	54	12 g.	0 g.	2 vegetables
	1 whole wheat roll	90	18 g.	2 g.	1 starch
	2 tsp. soft margarine	90	0 g.	10 g.	2 fats
	1 nectarine	57	14 g.	0 g.	1 fruit
8.	4 oz. grilled pork chop	263	0 g.	9 g.	4 meat
	1 c. acorn squash	56	15 g.	0 g.	1 starch
	1 c. green beans	44	10 g.	0 g.	2 vegetables
	2 whole wheat rolls	180	36 g.	4 g.	2 starches
	2 tsp. soft margarine	90	0 g.	10 g.	2 fats
	½ c. unsweetened applesauce	51	13.5 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
9.	Chicken Pasta with				
	3 oz. grilled chicken breast strips	138	0 g.	10.5 g.	3 meat
	1 c. bow-tie pasta	211	42 g.	0 g.	3 starches
	1 tsp. olive oil	45	0 g.	5 g.	1 fat
	1 Tbs. slivered almonds	54	2 g.	5 g.	1 fat
	2 Tbs. grated Parmesan cheese	44	0 g.	3 g.	1 meat
	½ c. broccoli	27	6 g.	0 g.	1 vegetable
	2 c. fresh baby spinach	28	7 g.	0 g.	1 vegetable
	1 Tbsp. fat-free raspberry vinaigrette	3	0.5 g.	0 g.	free
	2 small plums	60	15 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk

** recipe provided

2000 Calorie Menus – Continue Supper

Choose one of these menus for Supper:



10.	4 oz. baked salmon	235	0 g.	14 g.	4 meat
	3/4 c. baked sweet potato	135	30 g.	0 g.	2 starches
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	½ c. sautéed garlic spinach	32	5 g.	2 g.	1 vegetable
	2 c. mixed green salad	8	1.5 g.	0 g.	1 vegetable
	1 Tbsp. balsamic vinaigrette	45	2 g.	4 g.	1 fat
	1 whole rye roll	80	15 g.	1 g.	1 starch
	1 c. mixed blueberries, raspberries and strawberries	64	16 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
11.	4 oz. roasted turkey	307	0 g.	2 g.	4 meat
	½ c. rice & barley pilaf**	135	28 g.	2 g.	2 starches, 1/2 fat
	1 c. green beans	44	10 g.	0 g.	2 vegetables
	1 whole wheat roll	90	18 g.	2 g.	1 starch
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	1 poached pear	81	21 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk

** recipe provided

2000 Calorie Menus – Continue Supper

Choose one of these menus for Supper:



	Food	Calories	Carbohydrate	Fat	Exchanges
12.	4 oz. grilled pork tenderloin	162	0 g.	4 g.	4 meat
	1 c. black-eyed peas	180	32 g.	2 g.	2 starches
	1 c. stewed tomatoes and okra	60	16 g.	0 g.	2 vegetables
	1 slice whole grain bread	60	15 g.	1 g.	1 starch
	2 tsp. soft margarine	90	0 g.	10 g.	2 fat
	1 baked apple w/ cinnamon & sugar sub	53	14 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
13.	Spaghetti & meat sauce				
	2/3 c. spaghetti	147	29 g.	0.5 g.	2 starches
	3 oz. ground turkey	90	0 g.	1 g.	3 meat
	½ c. tomato sauce	40	10 g.	0 g.	2 vegetables
	2 Tbs. grated Parmesan	44	0 g.	3 g.	1 meat
	½ c. sautéed spinach	32	5 g.	2 g.	1 vegetable
	2 c. mixed green salad	8	1.5 g.	0 g.	free
	1 Tbsp. Italian dressing	42	2 g.	4 g.	1 fat
	1 slice whole wheat French bread	60	15 g.	1 g.	1 starch
	1 tsp. soft margarine	45	0 g.	5 g.	1 fat
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
14.	4 oz. baked trout	185	0 g.	8 g.	4 meat
	2-in square cornbread	125	15 g.	5 g.	1 starch, 1 fat
	1 c. pinto beans	206	36 g.	0 g.	2 starches
	1 c. turnip greens	38	6 g.	0 g.	2 vegetables
	1 tsp. olive oil	45	0 g.	5 g.	1 fat
	1 c. honeydew cubes	62	15 g.	0 g.	1 fruit
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk

Snacks

Note: Pattern allows for two of these choices in the evening or at a time specified on your meal plan.

	Food	Calories	Carbohydrate	Fat	Exchanges
1.	3, 2 inch graham crackers	80	15 g.	1 g.	Starch
2.	5 low fat whole wheat crackers	125	15 g.	5 g.	Starch
3.	3 cups air popped popcorn	93	18 g.	0 g.	Starch
8.	¾ c. blueberries	63	11 g.	0 g.	Fruit
9.	1 c. non-fat milk	91	12 g.	0.5 g.	Milk
10.	1 slice whole wheat toast with 2 teaspoons light jelly	85	16 g.	1 g.	Starch
11.	1 small apple or orange	53 45	14 g. 11 g.	0 g. 0 g.	Fruit
12.	6 oz. fruit-flavored, non-fat yogurt artificially sweetened	80	16 g.	0 g.	Milk
13.	17 grapes	60	15 g.	0 g.	Fruit
14.	1 c. cantaloupe or honeydew melon	62	15 g.	0 g.	Fruit
15.	½ c. canned fruit in light syrup or juice	67	17 g.	0 g.	Fruit

Recipes

Apple, Walnut, Raisin Salad

2 red apples, cored and chopped
1 green apple, cored and chopped
 $\frac{3}{4}$ c. celery, sliced
 $\frac{1}{3}$ c. raisins
 $\frac{1}{4}$ c. chopped walnuts
6 oz. light, fat-free vanilla yogurt

Combine all ingredients. Cover and chill.

Makes about 8 $\frac{1}{2}$ -cup servings.

Each serving = 1 fruit + $\frac{1}{2}$ fat exchange and 15 grams carbohydrate.

Broccoli Slaw

$\frac{1}{2}$ c. light mayonnaise
1 Tbsp. nonfat milk
1 Tbsp. balsamic vinegar
1 packet sugar substitute
1 (12 oz.) package broccoli slaw mix
2 Tbsp. raisins

Mix first four ingredients together in a large bowl with a whisk. Toss with broccoli slaw mix. Stir in raisins. Cover and chill.

Makes 8 servings (approximately $\frac{1}{2}$ cup each).

Exchanges = 1 vegetable, 1 fat and 5 grams carbohydrate.

Carrot Raisin Salad

2 c. shredded carrots

½ c. raisins

2 tsp. lemon juice

½ c. plain yogurt

Sugar substitute as desired

Combine all ingredients. Cover and chill at least 2 hours. Serves 6.

Each serving (about ½ cup) = 1 vegetable, ½ fruit exchange and 15 grams carbohydrate.

Summer Fruit Parfait

2 c. sliced strawberries

1 c. blueberries

12 oz. "lite" vanilla yogurt

½ c. low-fat granola

2 Tbsp. chopped pecans

Mix berries together in a medium-sized bowl. Spoon ¼ of the yogurt into each of 4 parfait glasses. Top each with 1/3 c. fruit. Repeat. Top each with 2 Tbsp. granola and 1 ½ tsp. pecans. Serves 4.

1 Serving = 1 starch, 1 fruit, ½ fat exchange and 31 grams carbohydrate.

Whole Grain French Toast

4 slices whole grain bread	1 tsp. granulated sugar substitute
1 egg white	Dash of vanilla extract
½ c. egg substitute	Non-stick cooking spray
1/3 c. nonfat milk	Powdered sugar
½ tsp. cinnamon	

In a large bowl, lightly beat egg white and egg substitute. Stir in milk, cinnamon, sugar substitute, and vanilla. Dip both sides of each slice of bread into batter. Lightly spray non-stick griddle pan with cooking spray. Cook dipped bread slices over medium heat until lightly browned; turn each and brown other side. Dust lightly with powdered sugar. Garnish with a few blueberries. Serves 4.

One slice = 1 starch exchange or 18 grams carbohydrate.

Marinated Flank Steak

1/3 c. "Lite" teriyaki sauce	1 tsp. minced garlic
1/3 c. olive oil	1 Tbsp. minced shallots
2 Tbsp. honey	1 tsp. chopped fresh ginger
1 Tbsp. red wine vinegar	1 lb. flank steak

Combine ingredients for marinade and put in large zip lock bag. Add flank steak; place bag on plate and refrigerate for 12-24 hours. Remove flank steak from marinade and drain. Cook over medium heat on outdoor grill for about 8 minutes on each side or until desired doneness. Serves 4.

Each serving = 3 medium-fat meat exchanges.

Rice and Barley Pilaf

2 c. low-sodium chicken broth	½ cup chopped carrots
¾ c. brown rice	6 oz. fresh, sliced shitake mushrooms
¼ c. pearl barley	1 tsp. olive oil
1 clove garlic	Salt and pepper to taste (optional)

Bring chicken broth to boil in a large saucepan. Add brown rice, barley, and garlic. Cover, reduce temperature and simmer for 45 minutes. Sauté mushrooms in olive oil in large skillet on medium high until lightly browned. Add carrots and mushrooms to rice/barley mixture for an additional 20 minutes. Serves 6.

Each serving (about ½ cup) = 2 starch, ½ fat and 28 grams carbohydrate.

Spinach Ricotta Manicotti

1 (10 oz.) package frozen chopped spinach, thawed, drained, and squeezed dry	½ cup grated Parmesan cheese
1 egg, slightly beaten	1/8 tsp. grated nutmeg
1 (15 oz.) container fat-free ricotta cheese	Cooking spray
½ cup shredded Mozzarella cheese	1 26-oz jar tomato-basil pasta sauce
	1 8-oz. package Manicotti
	1 cup water

Preheat oven to 375°. Mix together spinach, egg, cheeses, and nutmeg in a medium sized bowl. Coat a 9x13 inch baking dish with cooking spray. Spread ½ jar of pasta sauce in bottom of dish. Fill uncooked Manicotti with spinach-cheese mixture. Arrange in a single layer over sauce. Cover with remaining ½ jar of sauce. Pour 1 cup water into dish. Cover tightly with foil. Bake for 1 hour. Let stand 10 minutes before serving.

Each serving (2 Manicotti) = 2 starch, 1 vegetable, and 2 very lean meat exchanges and 36 grams carbohydrate.

Publication #FDNS-E 124-4

Date Revised: October 2012

By Connie Crawley, MS, RD, LD

Extension Nutrition and Health Specialist

The University of Georgia and Ft. Valley State

University, the U.S. Department of

Agriculture and counties of the state

cooperating. Cooperative Extension, the

University of Georgia Colleges of Agricultural

and Environmental Sciences and Family and

Consumer Sciences, offers educational

programs, assistance and materials to all

people without regard to race, color, national

origin, age, gender or disability.

An Equal Opportunity Employer/Affirmative

Action Organization

Committed to a Diverse Work Force