

## 2200 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
	1 English muffin	120	30 g.	1 g	2 starches
	¾ c. unsweetened dry cereal	80	15 g.	1 g.	1 starch
	2 tsp. low-sugar jelly	16	4 g.	0 g.	free
	2 tsp. margarine	90	0 g.	10 g.	2 fats
	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
	1 c. cooked cereal	160	30 g.	2 g.	2 starches
	1 tsp. margarine	45	0 g.	5 g.	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
	1 c. grits	142	32 g.	0 g.	2 starches
	1 slice whole grain toast	85	16 g.	0 g.	1 starch
	2 tsp. margarine	90	0	10 g.	2 fats
	1 c. non-fat milk	91	12 g.	0.5 g	1 milk
	Coffee or Tea	0	0	0	free
	4.	½ banana	72	18.5 g.	0 g.
1 c. cooked oatmeal		208	36 g.	3 g.	2 starches
1 slice whole grain toast		85	16 g.	0 g.	1 starch
2 tsp. margarine		90	0 g.	10 g.	2 fats
2 tsp. reduced-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

## 2200 Calorie Menus – Continue Breakfast

Choose one of these menus for breakfast:



	Food	Calories	Carbohydrate	Fat	
5.	½ grapefruit	64	16 g.	0 g.	1 fruit
	1 bagel	186	37 g.	1 g.	2 starches
	¾ c. unsweetened dry cereal	80	15 g.	1 g.	1 starch
	2 Tbsp. cream cheese	76	1 g.	8 g.	2 fats
	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
6.	½ c. unsweetened applesauce	51	14 g.	0 g.	1 fruit
	2 slices French toast	162	36 g.	2 g.	2 starches
	¼ c fat free granola	90	14.5 g.	0.5 g.	1 starch
	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. unsweetened fruit cocktail	40	11 g.	0 g.	1 fruit
	2 slices whole wheat toast	120	30 g.	2 g.	2 starches
	¾ c. dry unsweetened cereal	80	15 g.	1 g.	1 starch
	2 tsp. margarine	90	0	10 g.	2 fats
	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

## 2200 Calorie Menus – Continue Breakfast

Choose one of these menus for breakfast:



Food	Calories	Carbohydrate	Fat	
8. 1 ¼ c. strawberries	57	14 g.	0 g.	1 fruit
¼ c. fat-free granola	90	14.5 g.	.5 g.	1 starch
1 English muffin	140	27 g.	1 g.	2 starches
2 tsp. margarine	90	0 g.	10 g.	2 fats
2 tsp. reduced-sugar jelly	16	4 g.	0 g.	free
1 c. 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
1 c. cooked cereal	208	36 g.	3 g.	2 starches
½ bagel	72	13 g.	.5 g.	1 starch
2 tsp. margarine	90	0 g.	10 g.	2 fats
1 c. non-fat milk	91	12 g.	.5 g.	1 milk
2 tsp. reduced-sugar jam	20	5 g.	0 g.	free
Coffee or tea	0	0	0	free

10. ½ c. pineapple juice	66	16 g.	0 g.	1 fruit
2 slices raisin toast unfrosted	142	28 g.	2 g.	2 starches
2 tsp. margarine	90	0	10 g.	2 fats
½ c. oatmeal	104	18 g.	1.5 g.	1 starch
1 c. non-fat milk	91	12 g.	.5 g.	1 milk
Coffee or tea	0	0	0	free

## 2200 Calorie Menus – Continue Breakfast

Choose one of these menus for breakfast:



	Food	Calories	Carbohydrate	Fat	
<b>11.</b>	½ c. cooked apples	60	15 g.	0 g.	1 fruit
	2 4½-inch fat free waffles	120	30 g.	2 g.	2 starches
	¼ cup fat-free granola	90	14.5 g.	0.5 g.	1 starch
	2 tsp. margarine	90	0 g.	10 g.	2 fats
	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
<b>12.</b>	1 tangerine	40	10 g.	0 g.	1 fruit
	1 small muffin	125	16 g.	6 g.	1 starch, 1 fat
	1 c. cooked cereal	208	36 g.	3 g.	2 starches
	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
	<b>13.</b>	½ c. orange juice	53	12 g.	0 g.
1 c. grits		142	32 g.	0 g.	2 starches
1 biscuit		80	15 g.	0 g.	1 starch, 1 fat
2 tsp. reduced sugar jam		20	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
<b>14.</b>	¾ c. blueberries	63	11 g.	0 g.	1 fruit
	2 4-inch pancakes	148	28 g.	1 g.	2 starches
	¼ c fat-free granola	90	14.5 g.	0 g.	1 starch
	2 Tbsp. sugar-free syrup	12	3 g.	0 g.	free
	2 tsp. margarine	90	0 g.	10 g.	2 fats
	1 c. non-fat milk	91	12 g.	0.5 g.	1 milk
	Coffee or tea	0	0	0	free



## 2200 Calorie Menus – Lunch

Choose one of these menus for lunch:

	Food	Calories	Carbohydrate	Fat	
1.	3 oz. low-fat lunch meat	141	3 g.	6 g.	3 meats
	1 wheat bun	120	18 g.	2 g.	2 starches
	24 fat-free potato chips	180	34 g.	3 g.	2 starches
	1 Tbsp. reduced fat mayo	48	1 g.	5 g.	1 fat
	1 c. cooked carrots	54	12 g.	0 g.	2 vegetables
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	½ banana	72	18.5 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
2.	2 fat-free hot dogs	90	6 g.	10 g.	2 meats
	2 hotdog buns	220	42 g.	3 g.	3 starches
	12 fat free potato chips	90	17 g.	0 g.	1 starch
	½ c. cole slaw	98	9 g.	7 g.	1 vegetable, 1 fat
	1 c. raw baby carrots	30	7 g.	0 g.	1 vegetable
	1 oz. reduced-fat cheese	79	1 g.	5 g.	1 meat
	1 Tbs. reduced fat mayo	48	1 g.	5 g.	1 fat
	1 ¼ c. watermelon	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
3.	1/2 c. tuna salad	196	6 g.	10 g.	2 meats, 2 fats
	¼ c. low fat cottage cheese	50	5 g.	2.5 g.	1 meat
	1 bun	120	30 g.	2 g.	2 starches
	8 rye crisps	148	33 g.	0.5 g.	2 starches
	1 c. tossed salad	25	1 g.	0 g.	free
	1 Tbsp. fat-free dressing	7	1 g.	0 g.	free
	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.	3 oz. turkey breast	115	0 g.	1 g.	3 meats
	2 slices whole wheat bread	120	30 g.	2 g.	2 starches
	1 medium baked potato	114	26 g.	0 g.	2 starches
	1 c. cooked broccoli	58	12 g.	0 g.	2 vegetables
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	1 Tbsp. reduced-fat mayo	48	1 g.	5 g.	1 fat
	1 apple	63	17 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free



## 2200 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:

	Food	Calories	Carbohydrate	Fat	
5.	3 oz. canned salmon	117	0 g.	6 g.	3 meats
	2 Tbsp. reduced-fat mayo	96	2 g.	10 g.	2 fats
	1 pita bread	170	35 g.	2 g.	2 starches
	1 c. corn	118	28 g.	0 g.	2 starches
	1 c. cooked zucchini	56	14 g.	0 g.	2 vegetables
	½ c. fruit salad	60	17 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
6.	3 oz. grilled chicken breast	138	0 g.	3 g.	3 meats
	1 bun	120	30 g.	2 g.	2 starches
	1 c. vegetable soup	84	15 g.	1 g.	1 starch
	6 saltines	80	15 g.	0 g.	1 starch
	1 c. salad greens	8	1 g.	0 g.	free
	1 c. cut up raw vegetables	25	5 g.	0 g.	1 vegetable
	½ banana	52	14 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
7.	2 oz. ham	94	0 g.	4 g.	2 meat
	1 oz. reduced-fat cheese	79	1 g.	5 g.	1 meat
	1 wheat bun	120	30 g.	2 g.	2 starches
	1 Tbs. reduced fat mayo	48	1 g.	5 g.	1 fat
	30 fat-free tortilla chips	180	32 g.	2 g.	2 starches
	1 c. oriental-style mixed vegetables	80	16 g.	0 g.	2 vegetables
	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

## 2200 Calorie Menus – Continue Lunch

Choose one of these menus for lunch:



	Food	Calories	Carbohydrates	Fat	
8.	¾ c. low fat cottage cheese	150	15 g.	7.5 g.	2 meats, 1 milk
	12 unsalted crackers	120	30 g.	3 g.	2 starches
	1 c. cut-up raw vegetables	25	5 g.	0 g.	1 vegetable
	1 c. tossed salad	8	1 g.	0 g.	free
	2 Tbs. reduced fat dressing	66	5 g.	5 g.	1 fat
	1 c. chicken noodle soup	110	14 g.	2 g.	1 starch
	1 tsp. margarine	45	0 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.	½ c. shrimp salad	192	10 g.	10 g.	2 meats, 2 fats
	¼ c. low-fat cottage cheese	50	5 g.	2.5 g.	1 meat
	1 English muffin	120	30 g.	1 g.	2 starches
	12 unsalted crackers	120	30 g.	3 g.	2 starches
	¾ c. okra and tomatoes	60	14 g.	0 g.	2 vegetables
	1 nectarine	57	14 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

10.	3 oz. sliced roast beef	105	0 g.	5 g.	3 meats
	1 bun	120	28 g.	2 g.	2 starches
	1 medium baked potato	114	26 g.	0 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
	1 c. cooked Brussels sprouts	28	12 g.	0 g.	2 vegetables
	1 ¼ c. strawberries	57	14 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

11.	1 chicken thigh	153	0 g.	10 g.	3 meats
	1 medium baked potato	114	26 g.	0 g.	2 starches
	2 small dinner rolls	168	28 g.	4 g.	2 starches
	1 c. asparagus	40	8 g.	0 g.	2 vegetables
	2 tsp. margarine	90	0 g.	10 g.	2 fats
	17 grapes	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

	Food	Calories	Carbohydrates	Fat	
<b>12.</b>	½ c. egg salad	230	3 g.	16 g.	2 meats, 2 fats
	¼ c. low fat cottage cheese	50	5 g.	2.5 g.	1 meat
	12 saltine crackers	120	30 g.	1.5 g.	2 starches
	2 slices whole grain bread	120	30 g.	2 g.	2 starches
	1 c. salad greens	8	1 g.	0 g.	free
	1 c. raw cut-up 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

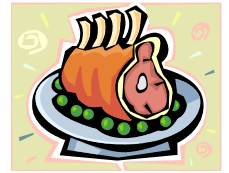
<b>13.</b>	1 ½ c. bean soup with 1 oz. chopped ham	436	41 g.	15 g.	3 meats, 3 starches
	1 c. salad greens	8	1 g.	0 g.	free
	1 c. cut-up raw vegetables	25	5 g.	0 g.	1 vegetable
	2 Tbsp. fat-free dressing	7	1 g.	0 g.	free
	1-2 inch square cornbread	125	15 g.	5 g.	1 starch, 1 fat
	½ c. unsweetened applesauce	51	14 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

<b>14.</b>	1 c. spaghetti sauce with meat	290	20 g.	15 g.	2 meats, 4 vegetables
	2 Tbsp. Parmesan cheese	44	5 g.	3 g.	1 meat
	1 c. spaghetti	219	42 g.	1.5 g.	3 starches
	1 slice garlic bread	125	15 g.	5 g.	1 starch, 1 fat
	1 c. tossed salad	8	1 g.	0 g.	free
	2 Tbs. reduced fat dressing	45	0 g.	5g.	1 fat
	Sugar-free drink	0	0	0	free



## 2200 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 medium baked potato	114	26 g.	0 g.	2 starches
	2 dinner rolls	168	28 g.	4 g.	2 starches
	2 tsp. reduced sugar jelly	16	4 g.	0 g.	free
	1 c. broccoli	58	12 g.	0 g.	2 vegetables
	½ c. cooked carrots	27	6 g.	0 g.	1 vegetable
	3 Tbsp. reduced-fat sour cream	67	3 g.	5 g.	1 fat
	1 tsp. margarine	45	0 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.	3 g.	3 meats
	1 c. brown rice with ½ c. cooked mushrooms	216	45 g.	0 g.	3 starches
	1 c. collard greens	42	6 g.	1 g.	1 vegetable
	1 c. collard greens	48	8 g.	0 g.	2 vegetables
	1 slice whole grain bread	60	15 g.	1 g.	1 starch
	2 tsp. margarine	90	0	10 g.	2 fats
	1/3 cantaloupe	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free
3.	2 oz. ham	94	1 g.	4 g.	2 meats
	½ c. lima beans	88	17 g.	0 g.	1 starch, 1 meat
	1 c. corn	118	28 g.	0 g.	1 starches
	1 2-inch square cornbread	125	15 g.	5 g.	1 starch 1 fat
	1 c. stewed tomato and okra	60	14 g.	5 g.	2 vegetables, 1 fat
	1 peach	61	16 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

## 2200 Calorie Menus – Supper

Choose one of these menus for Supper:



Food	Calories	Carbohydrates	Fat	
4. 3 oz. roast beef	138	0 g.	3.5 g.	3 meats
1 c. mashed potatoes	180	30 g.	6 g.	2 starches, 1 fat
1 c. green beans	44	10 g.	0 g.	2 vegetables
½ c. cooked beets	37	8.5 g.	0 g.	1 vegetable
1 tsp. margarine	45	0 g.	5 g.	1 fat
2 dinner rolls	168	28 g.	4 g.	2 starches
2 tsp. low sugar jelly	16	4 g.	0 g.	free
17 grapes	60	15 g.	0 g.	1 fruit
Sugar-free drink	0	0	0	free

5. 3 oz. boiled shrimp	100	0	1.5 g.	3 meats
1 c. rice	216	45 g.	0 g.	3 starches
1 c. yellow squash	29	7 g.	0 g.	2 vegetables
½ c. zucchini	28	7 g.	0 g.	1 vegetable
2 tsp. reduced sugar jam	20	6 g.	0 g.	free
1 biscuit	80	15 g.	5 g.	1 starch, 1 fat
1 tsp. margarine	45	0 g.	5 g.	1 fat
½ c. fruit salad	60	17	0 g.	1 fruit
Sugar-free drink	0	0	0	free

6. 3 oz. oven fried chicken	152	14 g.	6 g.	3 meats, 1 starch, 1 fat
1 medium baked sweet potato	108	25 g.	0 g.	2 starches
½ c. mixed vegetables with corn and peas	80	15 g.	0 g.	1 starch
1 c. greens	11	2 g.	0 g.	2 vegetables
½ c. cauliflower	29	6 g.	0 g.	1 vegetable
1 tsp. margarine	45	0 g.	5 g.	1 fat
1 ¼ c. watermelon cubes	60	15 g.	0 g.	1 fruit
Sugar-free drink	0	0	0	free

**2200 Calorie Menus – Continue Supper**  
**Choose one of these menus for Supper:**



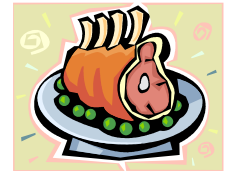
	<b>Food</b>	<b>Calories</b>	<b>Carbohydrates</b>	<b>Fat</b>	
7.	3 oz. broiled scallops	95	0 g.	1 g.	3 meats
	1 c. rice	216	45 g.	0 g.	3 starches
	1 cup broccoli	54	12.5 g.	0 g.	2 vegetables
	1 cup sliced cucumber and tomato salad	21	5 g.	0 g.	1 vegetable
	1 2-inch square cornbread	125	15 g.	5 g.	1 starch, 1 fat
	1 tsp. margarine	45	0	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	11 g.	3 meats
	1 c. corn	118	28 g.	0 g.	2 starches
	2 slices whole grain bread	120	30 g.	2 g.	2 starches
	1 c. cabbage	28	7 g.	0 g.	2 vegetables
	½ c. Italian green beans	28	8 g.	0 g.	1 vegetable
	2 tsp. margarine	90	0	10 g.	2 fats
	½ 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
	1-4 inch square cornbread	250	30 g.	10 g.	2 starches, 2 fats
	2/3 c. baked beans	160	28 g.	0 g.	2 starches
	1 c. greens	11	2 g.	0 g.	2 vegetables
	1 c. tossed salad	8	1 g.	0 g.	free
	2 Tbs. fat free Italian dressing	7	1 g.	0 g.	free
	1 c. honeydew melon	61	15 g.	0 g.	1 fruit
	1 tsp. margarine	45	0 g.	5 g.	1 fat
	Sugar-free drink	0	0	0	free

## 2200 Calorie Menus – Continue Supper

Choose one of these menus for Supper:



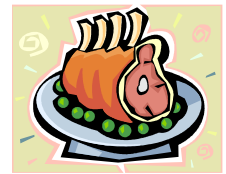
<b>10.</b>	3 oz. broiled ground beef patty	319	0 g.	22 g.	3 meats
	24 oven fries	180	28 g.	4 g.	2 starches, 1 fat
	1 hamburger bun	120	30 g.	3 g.	2 starches
	½ c. cole slaw	98	9 g.	7 g.	1 vegetable, 1 fat
	1 sliced tomato	22	5 g.	0 g.	1 vegetable
	½ c. mushrooms and onions	44	7 g.	0 g.	1 vegetable
	2 small plums	60	15 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

<b>11.</b>	3 oz. flank steak	180	0 g.	9 g.	3 meats
	1 c. green peas	124	23 g.	0 g.	2 starches
	1 c. spinach	42	6 g.	0 g.	2 vegetables
	1 medium baked potato	114	36 g.	0 g.	2 starches
	½ c. cauliflower	29	6 g.	0 g.	1 vegetable
	1 tsp. margarine	45	0	5 g.	1 fat
	3 Tbs. reduced fat sour cream	67	3 g.	7 g.	1 fat
	1 pear	81	21.5 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

<b>12.</b>	2 oz. lean pork roast	185	0 g.	5.5 g.	2 meats
	1/2 c. black-eyes peas	90	16 g.	0 g.	1 starch, 1 meat
	1 c. rice	216	45 g.	0 g.	3 starches
	1 c. stewed tomatoes and okra	60	7 g.	3.5 g.	2 vegetables
	½ c. cooked cabbage	14	4 g.	0 g.	1 vegetable
	2 tsp. margarine	90	0	10 g.	2 fats
	1 tangerine	40	10 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

## 2200 Calorie Menus – Continue Supper

Choose one of these menus for Supper:



	Food	Calories	Carbohydrate	Fat	
<b>13.</b>	3 oz. turkey	115	0 g.	1 g.	3 meats
	1 c. acorn squash	56	15 g.	0 g.	1 starch
	½ c. mashed potatoes	90	15 g.	3 g.	1 starch
	1 c. green beans	44	10 g.	0 g.	2 vegetables
	½ c. cooked beets	37	8.5 g.	0 g.	1 vegetable
	½ c. zucchini	28	7 g.	0 g.	1 vegetable
	2 dinner rolls	168	28 g.	4 g.	2 starches
	2 tsp. margarine	90	0	10 g.	2 fats
	1 apple	63	17 g.	0 g.	1 fruit
	Sugar-free drink	0	0	0	free

<b>14.</b>	3 oz. grilled chicken	123	0 g.	4g.	3 meats
	1 medium cob of corn	59	14 g.	0 g.	1 starch
	1 c cooked carrots	36	8 g.	0 g.	2 vegetables
	2/3 c. baked beans	160	28 g.	0 g.	2 starches
	1 dinner roll	84	14 g.	2 g.	1 starch
	1 c. tossed salad	17	3 g.	0 g.	1 vegetable
	1 Tbsp. reduced fat dressing	66	6 g.	5 g.	1 fat
	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 evening snack of 1 milk, 1 fruit and 2 starches**

	Food	Calories	Carbohydrate	Fat	
1.	3 (2 ½ - inch) graham crackers	80	15 g.	0 g.	1 Starch
2.	1 small apple or orange	63 45	17 g. 11 g.	0 g. 0 g.	1 Fruit
3.	¾ c. blueberries	63	11 g.	0 g.	1 Fruit
4.	5 reduced fat crackers	80	15 g.	3 g.	1 Starch
5.	1 slice whole wheat toast with 2 tsp. light jelly	60	15 g.	1 g.	1 Starch
6.	3 ginger snaps	90	17 g.	2 g.	1 Starch
7.	3 cups 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