



2000 CALORIES A DAY THE HEALTHY WAY

Today, a healthful diet such as one low in calories or low in fat no longer means dull, tasteless eating. Nor does it mean complicated meal planning. Technology today, in the highly competitive food market, has resulted in the development of top quality, satisfying products. Nearly every food on the market, from milk to chocolate, has a healthful, tasty substitute. Those substitutions include low-fat, no-fat, sugar-free, and low-calorie versions. And, the new food labeling requirements make finding these products a snap.

Daily modifications of your diet can be simple, using lower fat and lower calorie foods and beverages, as well as changing cooking methods. It's as easy as exchanging 2 percent milk for whole milk in your breakfast cereal, drinking a diet soda in place of a sugared soda at lunch, or enjoying steamed or boiled vegetables instead of fried or creamed vegetables at dinner. These simple substitutions help bring meals in line with the U.S. Dietary Guidelines for Americans.

Healthful changes in your daily routine are certain to become weekly preferences, then monthly, and before long . . . Listed below are menu suggestions that are easily adapted into your current diet and are sure to give you food for thought when planning your next meal.

These delicious meal plans were created by dietitians who won the Calorie Control Council's Healthy Menu Contest. They average 2,000 calories a day* and are low in total fat and saturated fat. As you'll soon see, 2,000 calories never tasted so good -- and are so good for you!

* Because caloric content can vary based on a variety of factors (e.g., product brand, cut of meat), the estimate of 2,000 calories a day will vary.



2000 CALORIES A DAY THE HEALTHY WAY: DAY 1

BREAKFAST

Egg'n Muffin (1 egg, 1/2 ounce ham, 1 slice low-fat cheese, 1 English muffin, 1 tsp. reduced-fat margarine)

Orange Juice (1 cup)

MORNING SNACK

Fruit Yogurt (1 cup) & Bran Mix (1 T.)

Water with Lime Twist (1 cup)

LUNCH

Tropical Chicken Salad (1.5 ounce chicken breast, 1/8 cup low-fat cottage cheese, 1.5 ounces pineapple, 1 teaspoon reduced-calorie mayonnaise, orange peel, 1/4 cup grapes, 1/8 cup waterchestnuts, chives, 1/8 cup tangerines, 1 cup spinach, 1 tsp. almonds)

Three Bean Salad (1/3 cup each green beans, yellow beans and kidney beans; onion, vinegar, sugar substitute)

Reduced-Fat Wheat Crackers (4 crackers)

Baked Apple (1/2 large)

Iced Tea with Lemon (1 cup)

AFTERNOON SNACK

Fat-Free Fig Bars (2 bars)

Skim Milk (1 cup)

DINNER

Garlic Chicken (5 ounces cooked chicken breast, 1/4 cup light wheat bread crumbs, 1/8 cup skim milk, 1/4 garlic clove, 1 tsp. tabasco, lemon juice)

Wild Rice (1 cup)

Zucchini/Summer Squash Medley (1 cup)

Light Pound Cake (1 serving, topped with strawberries (1/4 cup) and whipped topping (2 T.))

Diet Soda (12 ounces)

DAILY TOTALS

1929 calories • 250 grams carbohydrates • 140 grams protein • 41 grams fat • 12 grams saturated fat



2000 CALORIES A DAY THE HEALTHY WAY: DAY 2

BREAKFAST

Toasted Oatbran Bagel (1 large)

Light Cream Cheese (2 T.)

Ripe Kiwi and Cantaloupe (1-1/2 cups)

Skim Milk (1 cup)

MORNING SNACK

Dried Apricots (6 halves) and **Nuts** (1/4 cup)

Diet Soda (12 ounces)

LUNCH

Roast Beef and Swiss on Rye (3 ounces lean roast beef, 1 ounce low-fat Swiss cheese, 1/2 cup grilled green peppers and onions -- cooked with cooking spray, 2 slices rye bread, 1 tablespoon reduced-calorie creamy Italian dressing)

Baked Potato Chips (1 ounce)

Relish Plate (4 celery sticks, 6 radishes, 4 baby carrots, 2 green pepper slices with 1/4 cup Fat-Free Ranch Dressing)

Diet Soda (12 ounces)

AFTERNOON SNACK

Soft, Fat-Free Fruit Granola Bar (1)

Skim Milk (1 cup)

DINNER

Taco Salad (1 cup lettuce, 2.5 ounces lean taco meat, 1/2 cup diced tomatoes, 1/4 cup onions, 1/4 cup green peppers, 1 serving baked tortilla chips broken, 2 T. non-fat sour cream, 2 tablespoons fat-free French dressing)

Mock Margarita (1/2 cup artificially sweetened lemonade, 1 ounce frozen limeade concentrate, 3/4 cup crushed ice, 1/4 cup club soda, lime slices)

Custard (1 cup, prepared with 2 percent milk)

DAILY TOTALS

2180 calories • 310 grams carbohydrates • 100 grams protein • 60 grams fat • 21 grams saturated fat





2000 CALORIES A DAY THE HEALTHY WAY: DAY 3

BREAKFAST

Cinnamon and Raisin Toast (2 slices)

Bran Cereal (1 ounce)

Sliced Peach (1)

Reduced-fat Margarine (2 tsp.)

Skim Milk (1 cup)

MORNING SNACK

Animal Crackers (11)

Hazelnut Coffee (1 cup)

Fat-Free Vanilla Cream (2 tsp.)

LUNCH

Healthy Banana Split (1 cup one percent low-fat cottage cheese, 1/2 banana, 1/2 cup grapes, 1 tsp. ground walnuts, 1/2 cup strawberries, 10 cherries)

Crispy Soda Crackers (5)

Diet Soda (1 cup)

AFTERNOON SNACK

Butter Flavored Light Microwave Popcorn (3 cups)

Salt-Free Vegetable Juice (3/4 cup)

DINNER

Healthful Fettuccine Alfredo (3/4 tsp. margarine, 3/4 garlic clove, 3/4 tsp. wheat flour, 1/3 cup skim milk, 1/2 ounce cream cheese, 3/4 ounce parmesan cheese, 1 cup cooked fettuccine, 1/2 teaspoon parsley, pepper)

Italian Green Beans with Pimento (1 cup)

Garlic Bread Sticks (4)

Reduced-Fat Margarine (2 tsp.)

White Zinfandel Wine (4 ounces)

Lemon Water (1 cup)

Light Cheesecake (1 serving) with Blueberries (1/4 cup)

DAILY TOTALS

1983 calories • 310 grams carbohydrate • 89 grams protein • 43 grams fat • 9 grams saturated fat





2000 CALORIES A DAY THE HEALTHY WAY: DAY 4

BREAKFAST

Cream of Wheat (3/4 cup with 1 teaspoon brown sugar)

Low-Fat Bran Muffin (1 large)

Real Orange Juice (1 cup)

Skim Milk (1 cup)

MORNING SNACK

Cantaloupe and Watermelon Balls (2 cups)

LUNCH

Ham and Cheese Sandwich (3 ounces lean ham and 1 ounce sharp, light cheddar cheese on 2 slices whole wheat bread served with 1 dill pickle spear, lettuce leaves, tomato slice and 1 T. fat-free mayonnaise)

Pretzels (1 ounce)

Sparkling Water (8 ounces)

AFTERNOON SNACK

Fat-Free, Sugar-Free Cappuccino Yogurt (1 cup)

Honey Graham Crackers (3)

DINNER

Crunchy Baked Cod (4 ounces topped with 2 tsp. crushed low-sugar flake cereal)

Asparagus Spears (6)

Baked Sweet Potato (1 medium)

Whole Wheat Roll (1 ounce)

Whipped Extra-Light Margarine (2 tsp.)

Light Lemonade (1 cup)

Gelatin Parfait (1/2 cup fruit gelatin layered with 2 T. light whipped topping)

DAILY TOTALS

1907 calories • 300 grams carbohydrate • 80 grams protein • 43 grams fat • 10 saturated fat





2000 CALORIES A DAY THE HEALTHY WAY: DAY 5

BREAKFAST

Fruit-Topped Waffles (2 low-fat waffles topped with 1/2 cup mixed fruit and 1/4 cup yogurt)

Extra-Light Margarine (2 tsp.)

Skim Milk (1 cup)

Grape Juice (1/2 cup)

MORNING SNACK

Apple Slices (1 medium apple) Topped with Peanut Butter (2 T.)

LUNCH

Mexican/American Hot Dog (1 lean hot dog served wrapped in a low-fat flour tortilla)

Fat-Free Refried Beans (1/2 cup)

Baked Tortilla Chips (1 ounce)

Salsa (1/4 cup)

Diet Soda (12 ounces)

AFTERNOON SNACK

Low-Fat Granola Bar (1)

Skim Milk (1 cup)

DINNER

Sweet'n Sour Pork (3.5 ounces lean pork loin, vegetable cooking spray, 1 ounce tomato sauce, 2 tsp. cider vinegar, 1 tsp. brown sugar, 1/4 tsp. low-sodium soy sauce, garlic powder, pepper, 3 ounces pineapple, 1/4 cup green pepper, onion, 1-1/2 tsp. cornstarch)

Steamed Brown Rice (1 cup)

Oriental Vegetables (1 cup)

Fortune Cookies (1)

Herbal Iced Tea, Unsweetened (1 cup)

DAILY TOTALS

2094 calories • 330 grams carbohydrate • 90 grams protein • 46 grams fat • 12 grams saturated fat



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2000 CALORIES A DAY THE HEALTHY WAY: DAY 6

BREAKFAST

Vegetable Omelet (prepared with 1/2 cup egg substitute and 1/4 cup vegetables)

Turkey Sausage (3 ounces)

Wheat Toast (1 slice)

Grapefruit (1/2 large)

Whipped Diet Margarine (1 tsp.)

Coffee (6 ounces)

MORNING SNACK

Part-Skim String Cheese (1 ounce)

Whole Wheat Crackers (2)

LUNCH

Tuna Meltdown (prepared with 3 ounces canned, water-packed tuna and 1 slice light American cheese, 2 slices toasted wheat bread topped with 1 T. fat-free mayonnaise)

Cool Ranch Baked Chips (1 ounce)

Low-Sodium Vegetable Juice (6 ounces)

AFTERNOON SNACK

Frozen Vanilla Yogurt Cone (4 ounces) **with Crisp Cereal Nuggets** (2 tsp.)

DINNER

Seasoned Select Sirloin Strip (3.5 ounces cooked)

Baked Potato (1 large) **with Non-Fat Sour Cream and Chives** (2 T.)

Baby Carrots (1/2 cup)

Tossed Salad (1 cup) **with Low Calorie Catalina Dressing** (2 T.)

Sparkling Grape Juice (1 cup)

Sorbet (1/2 cup)

DAILY TOTALS

1998 calories • 232 grams carbohydrate • 128 grams protein • 62 grams fat • 17 grams saturated fat



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2000 CALORIES A DAY THE HEALTHY WAY: DAY 7

BREAKFAST

Light French Toast (prepared with 2 slices bread dipped in mixture of egg substitute and 2 percent milk)

Light Maple Syrup (4 T.)

Whipped Diet Margarine (1 T.)

Pineapple Rings (2 water-packed)

Apple Cider (1/2 cup)

MORNING SNACK

Vanilla Pudding (1 cup prepared with sugar-free pudding mix and skim milk)

Vanilla Wafers (4)

LUNCH

Vegetarian Burger (4 ounce soyburger served on whole grain bun with lettuce leaves, tomato slice, onion slice and pickle spear)

Roasted Potatoes (2 small)

Green Beans (1/2 cup)

Skim Milk (1 cup)

AFTERNOON SNACK

Light Snack Cake (1 serving)

Skim Milk (1 cup)

DINNER

Mushroom and Turkey Sausage Pizza (3 ounces cooked lean turkey sausage, 3/4 cup mushrooms and onion, 1 garlic clove, 2 T. evaporated skim milk, parsley, 3/4 ounce mozzarella cheese, 2 T. grated parmesan cheese, 2/3-12 inch low-fat pizza crust)

Mixed Salad (1 cup) with Fat-Free Italian Dressing (2 T.)

Diet Soft Drink (12 ounces)

DAILY TOTALS

2082 calories • 331 grams carbohydrate • 95 grams protein • 42 grams fat • 11 grams saturated fat

