

1800-calorie meal plan

The following sample menu for a 1800-calorie meal plan includes a total of 7 starch exchanges, 4 fruit exchanges, 3 milk exchanges, 4 nonstarchy vegetable exchanges, 7 meat exchanges, and 5 fat exchanges daily.

Meal	Exchanges	Sample
Breakfast	2 starch	2 slices whole-grain toast
	1 fruit	½ large grapefruit
	1 milk	1 cup fat-free milk
	1 meat, medium fat	1 poached egg
Snack	1 fat	1 teaspoon butter or margarine
	1 milk	⅔ cup (6 ounces) low-fat yogurt
Lunch	1 starch	2 slices reduced-calorie bread
	1 starch	¾ ounces pretzels
	2 meat, lean	2 ounces sliced turkey
	1 fat	1 tablespoon reduced-fat mayonnaise
	1 vegetable	1 cup chopped cucumber and tomato salad
	free food	2 tablespoons reduced-fat Italian dressing
Snack	1 fruit	¾ cup fresh pineapple
	1 vegetable	1 cup sliced red pepper
	1 fat	2 tablespoons reduced-fat ranch dressing
	1 fruit	1 cup cubed cantaloupe
Dinner	3 meat, lean	3 ounces pork loin roast
	2 starch	1 cup boiled potato
	2 vegetable	1 cup steamed asparagus
	2 fat	2 teaspoons olive oil
	1 fruit	½ fresh pear
Snack	1 starch	½ English muffin
	1 meat, high fat	1 tablespoon peanut butter
	1 milk	1 cup fat-free milk