









































Menus providing 20-35 grams of Dietary Fiber

1800 calorie menu plan		1300 calorie menu plan	
	grams of dietary fiber		grams of dietary fiber
Breakfast:		Breakfast	
 1/2 cup bran chex cereal	3.9	 1 scrambled egg	0.0
 1/2 cup 1% milk	0.0	 1 slice 100% whole wheat bread	2.8
 1 slice 100% whole wheat bread	2.8	 2 teaspoons margarine	0.0
 1 teaspoon margarine	0.0	 1/2 grapefruit	1.6
 1 teaspoon jelly	0.0	 1 cup coffee	0.0
 1/2 cup orange juice	0.4		
Snack		Snack	
 1 apple (unpeeled)	3.2	 1/2 cup lowfat cottage cheese	0.0
		 1 peach	2.0
Lunch		 1/2 cup strawberries	1.6
 1 cup "Two Bean and Peas Salad" (recipe on back)	6.4	Lunch	
 1 slice white bread	0.7	 2 slices 100% whole wheat bread	5.7
 2 teaspoons margarine	0.0	 2 tablespoons tuna salad (with celery)	0.1
 8 ounces club soda	0.0	 4 carrot sticks	2.0
Afternoon Snack		 1/2 green pepper	0.5
 5 graham crackers	1.0	 1/2 stalk of celery	0.5
 2 tablespoons peanut butter	2.8	 8 ounces club soda	0.0
 1 packet raisins (1.2 oz.)	1.2		
Dinner		Afternoon Snack	
 1 baked potato peeled	3.7	 1/2 cup raisin bran	3.5
 1 teaspoon sour cream	0.0	 1/2 cup 1% milk	0.0
 1 chicken breast	0.0	Dinner	
 1 cup cooked broccoli	6.4	 1 cup "Black Beans on Rice" (recipe on back)	3.3
 1/2 cup frozen yogurt	0.0	 3 slices lean roast beef (5.5 oz.)	0.0
 1 cup 1% milk	0.0	 1/2 cup apple sauce	2.0
		 1 cup 1% milk	0.0
1842 Calories	Carbohydrates: 48 %	1323 Calories	Carbohydrates: 45 %
Protein: 23 %	Fat: 30 %	Protein: 24 %	Fat: 33 %
Dietary Fiber: 32.6 grams		Dietary Fiber: 25.5 grams	