

Put Your Menu on a Diet



Careful menu planning can make the difference between gaining, maintaining, or losing weight. Look at the caloric differences between the three meal plans shown below. Make a point to plan each day's meals in advance and select food items with their caloric value in mind. (Note: You can reduce calories without cutting back drastically on how much you eat simply by selecting low-fat foods.)

Calorie Counts for Three Different Menu Plans

4,000 Calories	2,200 Calories	1,200 Calories
Breakfast 2 oz. sausage 2 eggs fried in 2 tsp. margarine 2 slices toast with 2 tsp. margarine ½ cup orange juice 1 cup coffee with 2 tsp. sugar and 2 tsp. cream	1 egg fried in 1 tsp. margarine 1 slice toast with 1 tsp. margarine ½ cup orange juice 1 cup 2% milk 1 cup coffee with 1 tsp. sugar & 1 tbsp. cream	½ cup oatmeal 1 slice dry toast 1 small orange 1 cup skim milk 1 cup black coffee
Lunch Reuben sandwich (2 oz. corned beef, 1 oz. Swiss cheese) 1 tbsp. mayonnaise, sauerkraut, 2 slices rye bread) 1 oz. potato chips; 12 oz. cola	Reuben sandwich (same as on left) 12 oz. diet cola	Chicken sandwich (2 oz. chicken, 1 tsp. mayonnaise, 2 slices whole wheat bread) 1 medium apple, 4 carrot sticks 12 oz. diet cola
Dinner 2 martinis (3½ oz. each) T-bone steak (1 lb. raw, 6 oz. edible), broiled Large baked potato, with ¼ cup sour cream Lettuce salad with 2 tbsp. Italian dressing ½ cup cooked broccoli, with ¼ cup hollandaise	1 martini (3½ oz.) T-bone steak (same as on left) Medium baked potato, with 1 tsp. margarine Salad with 1 tbsp. Italian dressing ½ cup cooked broccoli, with 1 tsp. margarine	8 oz. sparkling water 3 oz. baked fish Medium baked potato with 1 tsp. margarine ½ cup cooked broccoli, with ½ tsp. margarine ¼ cantaloupe; Black coffee
Snacks Cherry pie à la mode (⅓ of medium pie with ⅓ quart ice cream)	⅓ quart ice cream	1 cup skim milk 2 graham crackers