



# Lifelong Weight Management

1400 Calories

## 1400 Calorie Eating Plan

### Servings of Each Food Group

Food Groups	Calories/ serving	Servings per day
Vegetables	25	4
Fruits	60	4
Bread/Grains	80	4
Healthy fats	45	3
Nuts	100	1
Legumes	100	1
Protein foods	80	2
Milk/Dairy	80	2
Misc foods	100	0.9
<b>Total for day</b>		<b>1405</b>

### Sample Meal Plan for One Day

Breakfast (455)	Cal/serv	Serv/meal
Bread/Grain	80	1
Fruit	60	2
Healthy fat	45	1
Nuts	100	0.5
Protein food	80	1
Milk	80	1
<b>Lunch (445)</b>		
Bread	80	2
Vegetable	25	2
Fruit	60	1
Nuts	100	0.5
Protein	80	1
Healthy Fat	45	1
<b>Dinner (505)</b>		
Vegetable	25	2
Fruit	60	1
Bread/Grain	80	1
Legume	100	1
Healthy fat	45	1
Milk	80	1
Miscellaneous	100	0.9

**Total calories for the day = 1405**

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## Planning Calorie Controlled Meals

Use the sample meal plan on the left as a guide for making a daily menu. Choose what kinds of grains, fruits, etc. you would like to have from the list of foods for each food group. Notice the serving size to keep calories within the limit for each food selected.

**Example** Breakfast calls for 1 serving of grains.

Examples of a grain serving include:

- One slice of bread
- ½ of an English muffin
- 1 small pancake
- ½ cup of breakfast cereal, etc.

See sample menu for one day below. Vegetarian alternatives are given for meat-free meals.

## Sample Menu for One Day

### Breakfast

Hot oatmeal, ½ cup  
One orange  
Scrambled egg or scrambled tofu, 1/4 block  
Nonfat milk (or soy milk), 1 cup  
Almonds, 7-8

### Lunch

Sandwich using whole wheat bread (2 slices) with lettuce, tomato slices, low fat mayo, and tuna fish, 2 oz (or 2 soy chic slices)  
Peanuts, ½ oz package  
One apple  
Carrot sticks

### Dinner

Lentil soup 2/3 cup  
Small tossed salad with lemon juice/olive oil dressing  
Steamed vegetables, ½ cup with a lemon slice  
Whole wheat bread, 1 slice with trans-fat-free margarine  
Chocolate pudding (made with low fat milk), sugar free, ½ cup with banana slices  
One cookie