



Lifelong Weight Management

1600 Calories

1600 Calorie Eating Plan

Servings of Each Food Group for 1600 Calories/Day

Food Groups	Calories/ serving	Servings per day
Vegetables	25	4
Fruits	60	4
Bread/Grains	80	5
Healthy fats	45	4
Nuts	100	1
Legumes	100	1
Protein foods	80	3
Milk/Dairy	80	2
Misc foods	100	0.8
Total for day		1600

Sample Meal Plan for One Day

Breakfast (535)	Cal/serv	Serv/meal
Bread/Grain	80	2
Fruit	60	2
Healthy fats	45	1
Nuts	100	0.5
Protein food	80	1
Milk	80	1
Lunch (490)		
Bread	80	2
Vegetable	25	2
Fruit	60	1
Nuts	100	0.5
Protein	80	1
Healthy Fat	45	2
Dinner (575)		
Vegetable	25	2
Fruit	60	1
Bread/Grain	80	1
Protein	80	1
Legume	100	1
Healthy fat	45	1
Milk	80	1
Miscellaneous	100	0.8
Total calories for the day = 1600		

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 2 servings 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 those desiring meat-free meals.

Sample Menu for One Day

Breakfast

Hot oatmeal, ½ cup
 One orange
 Toast with trans-fat-free margarine
 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
 Fresh 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
 Turkey breast, 2 slices (2 oz) with low fat gravy (or a Garden Burger patty with low fat mushroom gravy)
 Chocolate pudding, sugar free, ½ cup with banana slices
 One cookie