

Filling Your Plate The Dietary Guidelines Way

Follow the Dietary Guidelines for Americans with the foods you enjoy.

This simple meal plan provides a flexible and realistic way to get the most nutrition for your calories by focusing on nutrient-dense foods and beverages such as low-fat or fat-free milk and milk products, fruits, vegetables, lean protein, and whole grains.

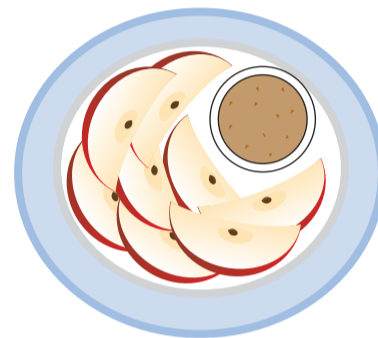
BREAKFAST: Jump Start the Day Parfait

- 1 cup fat-free yogurt
- 1 cup sliced strawberries
- 1/2 cup low-fat granola



MORNING SNACK: Apple Dippers with Peanut Butter

- 1 small apple, sliced
- 2 tablespoons peanut butter



LUNCH: Hearty Roast Beef Sandwich

- 2 slices 100% whole-grain bread
- 3 oz. lean roast beef
- 1.5 oz. low-fat Colby cheese
- 2 slices tomato
- 1 teaspoon stone-ground mustard

Side Salad

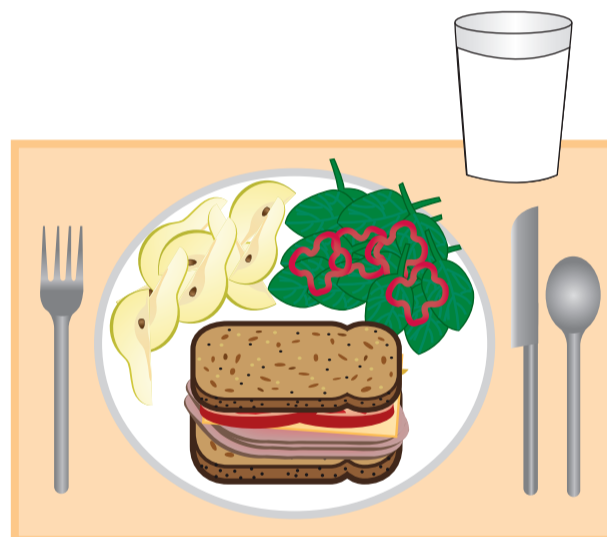
- 2 cups spinach leaves
- 1/2 cup red pepper slices
- 2 tablespoons balsamic vinaigrette

Pear Slices

- 1 medium pear, sliced

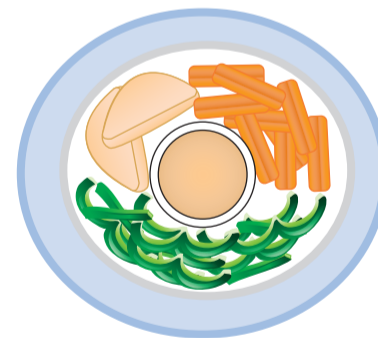
Fat-free Milk

- 1 cup fat-free milk



AFTERNOON SNACK: Hummus and Veggie Plate

- 1/2 cup baby carrots
- 1/2 cup green pepper slices
- 1/2 small pita
- 1/4 cup hummus



DINNER: Salmon with Fruit Salsa

- 3 oz. salmon
- 1/2 cup diced pineapple
- 1/2 cup diced mango

Sauteed Green Beans

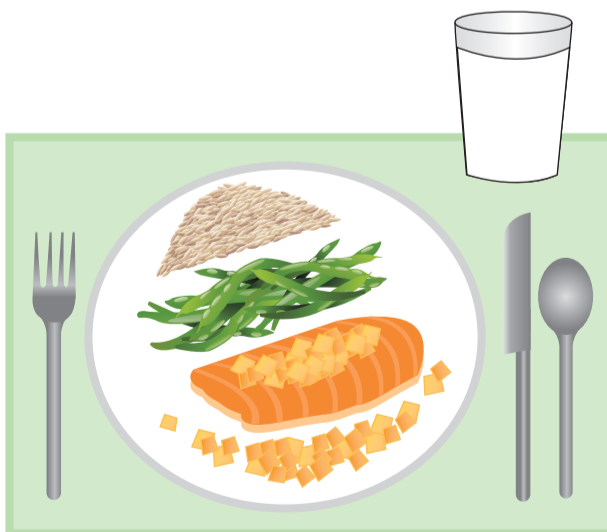
- 1/2 cup green beans
- 1 teaspoon olive oil

Rice

- 1 cup cooked rice

Fat-free Milk

- 1 cup fat-free milk



2013 calories, 288 g carbohydrate, 110 g protein, 5% calories from sat fat, 143 mg cholesterol, 1928 mg sodium, 39 g fiber. It also provides 4 c. low-fat or fat-free milk and milk products; 4 c. fruit; 3 c. vegetables, 6 oz. grains (3 oz. whole grains); and 10 oz. protein (3 oz. seafood). This meal plan was developed to reach a recommendation of less than 2,300 mg. of sodium.

Source: Dayle Hayes, MS, RD; Chair of the School Nutrition Services Dietetic Practice Group of the American Dietetic Association
Nutritional totals determined with The Food Processor® SQL. ESHA Research, Inc, 2010. Volume 10.7



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