

Calorie Controlled Diet



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Meal Planning: 1200-1400 Calories

A Calorie Controlled Diet is ...

- A meal plan designed to help make healthy food choices and to promote good nutrition while trying to achieve a healthy body weight.
- It includes the suggested number of servings to consume from each food group each day to meet the above calorie range.
- This meal plan promotes well balanced eating and focuses on portion control.
- It eliminates the need to count calories, just simply watch portion sizes, and consume the suggested number of servings from the food groups each day.

General Tips for Weight Loss ...

- *Eat at least three meals per day.*
- *Pay attention to your body.* When you feel like you have had enough to eat, stop. Quit before you feel full, discomfort, or sick from eating.
- *Often, the craving will go away.* If you still feel hungry or dissatisfied after a meal or snack, wait at least 10 minutes before you have more food.
- *You may be thirsty, not hungry.* Drink plenty of calorie free beverages (water, unsweetened coffee/tea, sugar free drinks). Drink a glass of water before you eat.
- *Cut back on sugar.* Drink less fruit juice, and sugary beverages (i.e. regular pop and sweetened iced tea). Eat fruit for dessert instead of cake, pie, or cookies.
- *Get plenty of fiber.* Fiber keeps you satisfied longer. Incorporate vegetables, fruits, & whole grains into every meal.
- *Keep all food in the kitchen.* Eat only in a chosen place, such as at a table. Do not eat in the car, the bedroom, or in front of the TV.

Basics for Meal Planning



Carbohydrate Foods

Carbohydrate is the starch and sugar found in foods. Breads, pasta, noodles, potatoes, rice, cereal, and other grains contain starch. Foods such as fruits and milk have natural sugar. These foods provide energy for the body as well as vitamins and minerals.

Your meal plan includes 9 servings of carbohydrate per day.

For balanced nutrition, the suggested number of choices from each carbohydrate-containing food group is shown below.

Starches/Breads

**Each of the foods listed below equals one starch/bread serving.
(80 calories, 15 grams carbohydrate)**

Choose 5 servings each day.

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| <ul style="list-style-type: none">• 1 slice bread or 2 slices reduced-calorie bread• ½ English muffin• ¼ large bagel• ¾ cup dry cereal, unsweetened• 1 small pancake or waffle (4 inch diameter)• ½ cup green peas or corn• 1 small low fat muffin or 1 small dinner roll• 3 squares graham crackers (2 ½ inch square)• ½ cup dried beans, peas, or lentils | <ul style="list-style-type: none">• 6 crackers, saltine or round butter-type• ⅓ cup pasta or noodles• ½ cup cooked cereal• ½ sandwich bun or hotdog roll• ⅓ cup rice, couscous, barley, or quinoa• 6 inch tortilla (corn or flour)• 2 rice cakes• ½ cup white or sweet potatoes• ⅓ cup bread stuffing |
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Fruit

**Each equals one fruit serving.
(60 calories, 15 grams carbohydrate)**

Choose 3 servings each day.

- ½ cup fresh or unsweetened canned fruit
- ½ cup unsweetened juice (apple, grapefruit, orange, pineapple juice)
- 1 medium fresh fruit, ½ banana, or ½ grapefruit
- ¼ cup dried fruit
- 1 cup berries or melon, 17 small grapes, 12 cherries

Milk and Milk Products

**Each equals one milk serving.
(80 calories, 12 grams carbohydrate)**

Choose 1 serving each day.

- 1 cup fat-free milk
- 1 cup low-fat buttermilk
- 6 oz. yogurt, plain or Greek
- 4 oz. lite yogurt with fruit
- 1 cup soy milk

Protein Foods

You need protein each day for growth, maintenance, and energy. Healthy choices are protein foods having 3 grams of fat or less per serving.

Your meal plan includes 6 OZ. of protein per day.

**Each of the foods listed equals one serving of 1 oz. protein.
(75 calories, 7 grams protein)**

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| <ul style="list-style-type: none">• 1 egg, ¼ cup egg substitute, or 2 egg whites• 1 oz. Canadian bacon• 1 Tbs. peanut, almond, cashew or soy nut butter• 1 oz. low fat sausage• 1 oz. cheese (7 grams fat or less)• ¼ low fat cup cottage cheese• ½ cup tofu | <ul style="list-style-type: none">• 1 oz. fish, poultry (skinless)• 1 oz. lean beef, pork, veal, lamb• 1 oz. processed luncheon meat (3 grams fat or less)• 1 oz. venison, game meat• 1 oz. tuna or salmon (water-packed)• ½ cup dried beans, peas, lentils |
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Added Fats

Choose 3 servings of added fat.

**Each of the foods listed below equals 1 serving fat.
(45 calories, 5 grams fat)**

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| <ul style="list-style-type: none">• 1 tsp. margarine or 1 Tbs. light margarine• 1 ½ Tbs. reduced fat cream cheese• 1 Tbs. lite mayonnaise• 1 ½ tsp. peanut, almond, cashew or soy nut butter• 1 tsp. olive, canola, corn safflower, soybean, or peanut oil• 2 Tbs. half and half or sour cream | <ul style="list-style-type: none">• 1 Tbs. regular salad dressing or 2 Tbs. reduced fat salad dressing• 1 ½ Tbs. reduced fat cream cheese• 6 mixed nuts, cashews, almonds, or pecans, 4 walnut halves, 16 pistachios• 8-10 olives• 2 Tbs. avocado (1/5 medium) |
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Vegetables

Choose 3-5 servings per day.

**Each of the foods listed below equals 1 serving of vegetables.
(25 calories)**

- 2 cups salad greens
- 1 cup raw vegetables
- 1/2 cup cooked vegetable
- 1/2 cup vegetable juice





Combination Foods and Desserts

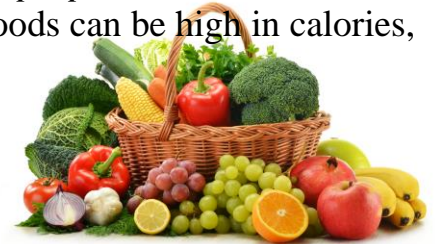


Food Items	Amount	Food Groups
Casserole-type Entrees (tuna noodle, lasagna, spaghetti with meatballs, chili with beans, macaroni & cheese)	1 cup (8 oz.)	2 carbohydrate, 2 medium-fat proteins
Stews (beef/other meats & vegetables)	1 cup (8 oz.)	1 carbohydrate, 1 medium-fat proteins, 0-3 fats
Cheese Pizza (thin crust, low fat cheese)	¼ of 12" pizza	2 carbohydrate, 2 medium-fat proteins
French Fries, baked	10	1 carbohydrate
Tuna Salad or Chicken Salad	½ cup	½ carbohydrate, 2 lean protein, 1 fat
Hummus	⅓ cup	1 carbohydrate, 1 medium-fat protein
Gravy, canned or bottled	½ cup	½ carbohydrate, ½ fat
Edamame, shelled	½ cup	½ carbohydrate, 1 lean protein
Soups		
Bean, Lentil, or Split Pea	1 cup	1 ½ carbohydrate, 1 lean protein
Cream (made with water)	1 cup	1 carbohydrate, 1 fat
Vegetable beef, chicken noodle	1 cup	1 carbohydrate, 1 lean protein
Tomato Soup (made with water)	1 cup	1 carbohydrate
Fast Food		
Main Dish Salad (grilled chicken-type, no dressing/croutons)	1 salad (11 ½ oz.)	1 carbohydrate, 4 lean proteins
Grilled Chicken Sandwich with bun, lettuce, tomatoes, spread	1 sandwich (7 ½ oz.)	3 carbohydrates, 4 lean proteins
Fish sandwich	1 sandwich (5 oz.)	2 ½ carbohydrate, 2 medium fat proteins, 1 ½ fat
Hamburger, regular with bun and condiments (catsup, mustard, pickle)	1 burger (3 ½ oz.)	2 carbohydrate, 1 medium fat protein, 1 fat
Desserts (<i>occasional use only</i>)		
Angel Food Cake, unfrosted	1/12 of cake (2 oz.)	2 carbohydrate
Brownie, small, unfrosted	1 ¼" square	1 carbohydrate, 1 fat
Cake, no icing	2" square (1 oz.)	1 carbohydrate, 1 fat
Pie, commercially prepared fruit, 2 crusts	1/6 of 8-inch pie	3 carbohydrates, 2 fats
Pie, pumpkin or custard	⅛ of 8-inch pie	1 ½ carbohydrates, 1 ½ fats
Chocolate Chip Cookies	2 small (2 ¼" across)	1 carbohydrate, 1 fat
Sugar-free, fat-free Pudding	½ cup	1 carbohydrate
Ginger Snaps	3 cookies (1 ½" across)	1 carbohydrate
No-sugar added Ice Cream	½ cup	1 carbohydrate, 1 fat
Fruit Juice Bars, frozen, 100% juice	1 bar	1 carbohydrate
Sherbet	¼ cup	1 carbohydrate
Vanilla Wafers	5	1 carbohydrate, 1 fat
Frozen Yogurt (fat-free)	⅓ cup	1 carbohydrate

(Updated 2/22/2016)

Shopping Tips . . .

- ✓ Buy plenty of fresh, frozen, or canned fruits and vegetables.
- ✓ Choose lean meats often, meats labeled “loin” or “round” are leaner. When looking for poultry, look for breast or white meat without the skin. Buy any kind of fresh fish.
- ✓ Pick low-fat or non-fat cheese, skim or low-fat (1%) milk, and light, low fat yogurt.
- ✓ Choose whole grains. Look for products with whole-grain or whole-wheat flour as the first ingredient, or for the 100% whole grain slogan.
- ✓ Avoid buying sweetened beverages (i.e. fruit juice, regular soda, sweetened tea).
- ✓ Be mindful when buying convenience foods (*such as canned soups, pasta sauces, & prepackaged or frozen dinner entrees and side dishes*). These foods can be high in calories, fat, and/or sodium, so read labels and choose carefully.



Meal Preparation Tips . . .

- Plan meals ahead of time.
- Trying cooking methods that cut calories:
 - Cook without adding fat (bake, broil, roast, boil, grill).
 - Use nonstick cooking spray instead of butter or oil.
 - Sauté foods in a small amount of wine, broth, or juice instead of oil.
- Reduce the amount of sugar in recipes (it can often be cut in half). Substitute sucralose (Splenda) when baking.
- Use fat-free evaporated skim milk to thicken sauces instead of whole milk.
- If you make extra portions, store them so you can save them for other meals.

A Word About Snacks . . .

Snacking can be a part of your meal plan for healthy weight loss. Just incorporate this into your suggested number of servings per day.

- Be sure to plan ahead, and have healthy snacks on hand. If the right food is not there, you may be more likely to eat whatever is available.

- Choose fresh fruit, reduced-fat string cheese, low-fat yogurt, raw vegetables with hummus, light popcorn, low-fat cottage cheese with fruit, pre-portioned nuts or trail mix.

1200-1400 Calorie Daily Meal Plan with Sample Menus

<u>Meal Plan</u>	<u>Sample Menu #1</u>	<u>Sample Menu # 2</u>
<p>Breakfast</p> <ul style="list-style-type: none"> • 3 Carbohydrate Servings <ul style="list-style-type: none"> ○ 1 Fruit ○ 1 Starch/Bread ○ 1 Milk (fat-free) • 1 oz. Protein Food • 1 serving Fat • Hot or Cold Beverage w/ Sugar Substitute (may be used with all meals) <p>Lunch</p> <ul style="list-style-type: none"> • 3 Carbohydrate Servings <ul style="list-style-type: none"> ○ 1 Fruit ○ 2 Starch/Bread • 1 or 2 Vegetables • 2 oz. Protein Food • 1 serving Fat • Beverage <p>Evening</p> <ul style="list-style-type: none"> • 3 Carbohydrate servings <ul style="list-style-type: none"> ○ 1 Fruit ○ 2 Starch/Bread • 1 or 2 Vegetables • 3 oz. Protein Food • 1 serving Fat • Beverage 	<p>Breakfast</p> <p>½ cup Orange Juice (1C) ½ cup Oatmeal (1C) 1 cup Milk (1C) ¼ c Cottage Cheese (1P) 6 Almonds (1F) Hot Tea</p> <p>Lunch</p> <p>1 ¼ cup whole Strawberries (1C) 2 oz. Roast Beef (2P) on Whole Wheat Bun (2C) with 1 tsp. Mayonnaise (1F) Lettuce/Tomato Slices (V) Iced Tea/Sugar Substitute</p> <p>Evening</p> <p>½ cup unsweetened Pears (1C) 3 oz. Roast Turkey (3P) ½ cup Mashed Potatoes (1C) ½ cup Green Beans (1V) Tossed Salad/Diet Dressing (V) 1 tsp. Margarine (1F) 1 small Dinner Roll (1 oz.) (1C) Hot Tea</p>	<p>Breakfast</p> <p>4 inch Banana (1C) 1 slice Wheat Toast (1C) 1 cup Milk (1C) 1 Tbs. Low Fat Margarine (1F) ¼ cup Egg Substitute (1P) Coffee</p> <p>Lunch</p> <p>1 medium Orange (1C) Chef Salad (V) w/ 2 oz. Broiled Chicken Strips (2P) and 2 Tbs. low fat Dressing (1F) 1 small Dinner Roll (1 oz.) (1C) ¼ cup Sherbet (1C) Coffee</p> <p>Evening</p> <p>½ cup Fresh Fruit Salad (1C) 3 oz. Baked Cod Filet (3P) ⅔ cup Wild Rice (2C) ½ cup Carrots (1V) ½ cup Coleslaw (made w/ vinegar, low fat mayonnaise, & sugar substitute) (1F) Diet Ginger Ale</p>

****C = Carbohydrate/ P = Protein/ F = Fat/ V = Vegetable**