

Meal planning at a glance

Find the appropriate calorie level below based on your calculations from the **Calculating Your Energy Needs** handout. The numbers on the chart represent the number of servings allowed for that calorie level.

Calorie levels	1,200	1,300	1,400	1,500	1,600	1,800	2,100
Starch group (bread, cereal, pasta)	6	6	6	6	7	8	9
Vegetable group	At least 3	At least 3	At least 3	At least 3	At least 3	At least 3	At least 3
Fruit group	2	3	3	3	3	3	4
Milk group	2*	2*	2*	3	3	3	3
Meat & meat substitute group	4 oz.	4 oz.	5 oz.	6 oz.	7 oz.	8 oz.	9 oz.
Fat group	4	4	4	5	6	6	7

*Talk to your physician about a supplement with additional calcium of at least 400mg.

- Vegetables are unlimited (fresh or frozen are best)
- Fruits and milk exchanges can be interchanged for starch on occasion (choose low-fat or skim dairy products and fresh or frozen fruits)
- All simple sugars (candy, sodas, sugar) count as a starch
- Starch (low-sugar, whole grain cereal, whole grain bread, pasta, sugar peas, corn, potatoes, beans, alcohol)
- Protein (lean meat, poultry, egg, low-fat cheese, vegetarian meat alternative)
- Fat (butter, reduced fat sour cream and dressings, chocolate)

Source: American Dietetic Association



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