1800 Calorie Diet

LIFESTYLE HEALTH LIBRARY

This meal plan is based on the “exchange” meal planning approach; a guide to which foods to eat and in what portions. Just about any food can be fit into a diet meal plan. Don’t let your choices be limited by a shortage of information. Making healthy choices, and eating appropriate portions equal a healthy diet. For more information, talk to your doctor.

WHAT SHOULD YOU EAT? A GUIDE TO FOOD EXCHANGES

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VEGETABLES

5 gm. carbohydrate, 2 gm. protein, & 25 calories per serving. A great source of vitamins and minerals, many vegetables also provide some fiber. Starchy vegetables like potatoes, peas and corn are listed with Starches/Breads. Vegetables with fewer than 20 calories per serving are listed with Free Foods.

Use the following guide to estimate servings of vegetables.

- 1/2 cup of cooked vegetables
- 1/2 cup of vegetable juice
- 1 cup of raw vegetables

- Asparagus
- Beets
- Bean sprouts
- Beans, green, wax, Italian
- Broccoli
- Brussels sprouts
- Carrots
- Cabbage
- Cauliflower
- Eggplant
- Green onion
- Greens, collard, mustard
- Mushrooms
- Okra
- Onion
- Pea pods (snow peas)
- Peppers, red, green, yellow
- Sauerkraut
- Spinach
- Squash, summer, crookneck, zucchini
- Tomato
- Tomato or vegetable juice
- Water chestnuts

MEAT/MEAT SUBSTITUTES

Small servings of meat and meat substitutes provide ample protein to meet your daily needs. For better health you'll want to choose lean cuts of meat, fish and poultry more often than medium and high fat meats and cheeses.

Lean Meats

7 gm. protein, 3 gm. fat & 55 calories per serving.

- 1 oz. Beef (lean cuts) - round, extra lean ground round, flank steak, etc.
- 1 oz. Chicken or turkey, skin removed
- 1/4 cup Cottage cheese (low fat)
- 1/4 cup Egg substitute
- 1 oz. Fish (fresh or frozen)
- 1 oz. Pork (lean cuts) - Canadian bacon, ham, etc.
- 1 oz. Shellfish - clams, crab, lobster, scallops, shrimp
- 1/4 cup Tuna (canned in water)
- 1 oz. Veal - lean chops and roasts

Medium-Fat Meats

7 gm. protein, 5 gm. fat & 75 calories per serving.

- 1 oz. Beef, pork, lamb - most cuts
- 1 oz. Cheese (low fat, part skim)
- 1 Egg
- 1 oz. Liver
- 1 oz. Veal cutlet, ground or cubed

High-Fat Meats

7 gm. protein, 8 gm. fat & 100 calories per serving.

- 1 oz. Beef (prime), corned beef
- 1 oz. Cheese (regular)
- 1 oz. Hot dog
- 1 oz. Luncheon meat (regular)
- 1 oz. Sausage
- 1 oz. Spareribs
- 1 tbsp. Peanut butter

FRUITS

15 gm. carbohydrate & 60 calories per serving. Fruits are an important source of vitamins and minerals and can also be a source of fiber.

Use the following guide to estimate servings of fruits not listed.

- Fresh, canned or frozen, no sugar: 1/2 cup
- Dried fruit: 1/4 cup

- 1 Apple - 2"
- 1/2 cup Applesauce (no sugar)
- 4 Apricots (raw, medium)
- 1/2 Banana - 9" long
- 3/4 cup Blackberries or blueberries (raw)
- 1 cup Cantaloupe/Honeydew
- 12 Cherries - large
- 15 Grapes (medium)
- 2 Figs - 2"
- 1/2 Grapefruit (medium)
- 1 Kiwi (large)
- 3/4 cup Mandarin oranges
- 1 Nectarine - 2 1/2"
- 1 Orange - 2 1/2"
- 1 cup Papaya
- 1 Peach - 2 3/4"
- 1 Pear - 2 3/4"
- 3/4 cup Pineapple (fresh)
- 2 Plums - 2"
- 1 1/4 cup Strawberries (raw, whole)
- 2 Tangerines - 2 1/2"
- 1 1/4 cup Watermelon

Dried Fruits

- 7 halves Apricots
- 3 Prunes (medium)
- 2 Tbsp. Raisins

Fruit Juice

- 1/2 cup Apple, orange, grapefruit
- 1/3 cup Cranberry, grape, prune

MILK AND MILK PRODUCTS

A good source of calcium, other minerals, protein and carbohydrates, low-fat and skimmed varieties should be chosen for health. They have the same nutrients but provide less fat, calories and cholesterol than whole milk products.

Skim Milk and Skim Milk Products

12 gm. carbohydrate, 8 gm. protein, 1 gm. fat, & 90-110 calories per serving.

- 8 oz. Skim, 1/2%, 1% milk
- 8 oz. Buttermilk (low-fat)
- 8 oz. Yogurt (nonfat, plain, artificially sweetened)
- 4 oz. Evaporated skim milk
- 1/3 cup Nonfat dry milk powder
- 1 packet Hot cocoa, artificially sweetened

Low-Fat Milk Products

12 gm. carbohydrate, 8 gm. protein, 3 gm. or more fat, and 120-150 calories per serving.

- 8 oz. 2% Milk
- 8 oz. Yogurt (low-fat, plain)

Whole Milk Products

12 gm. carbohydrate, 8 gm. protein, 5 gm. or more fat, and 150-170 calories per serving. To reduce your intake of cholesterol and saturated fat, limit or avoid foods in this group.

- 8 oz. Whole milk
- 8 oz. Yogurt (regular, plain)
- 4 oz. Evaporated whole milk

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STARCHES/BREADS

15 gm. carbohydrate, 3 gm. protein, a trace of fat & 80 calories per serving. These foods are the cornerstone of every healthy eating plan. Most of their calories come from carbohydrates which are a good source of energy. Prepare starchy foods with as little added fat as possible. You can do this by limiting added butter, margarine, shortening and oil.

Use the following guide to estimate servings of any plain starch or bread not listed.

- Starchy vegetables, grains, pasta: 1/2 cup
- Breads and cereals: 1 oz.

Cereals/Grains/Pasta/Starchy Vegetables

- 1/3 cup (dried) Beans, peas and lentils cooked
- 1/2 cup Bulgur, barley and other grains
- 1/2 cup Cereal (cooked): oatmeal, oat bran, Cream of Wheat®, Cream of Rice®, etc.
- 1 oz. (dry) Cereal, any type containing less than 100 calories per 1 oz. serving (Serving sizes may vary - check box)
- 1 Corn on the cob - 6" piece
- 1/2 cup Corn
- 1/2 cup Lima beans cooked
- 1/2 cup Macaroni, noodles, spaghetti and other pasta (cooked)
- 1/2 cup Peas, green cooked
- 1/2 cup Potato (mashed) with nothing added
- 3 oz. Potato (baked, boiled or steamed)
- 1/3 cup Rice, brown or white cooked
- 3/4 cup Squash, winter, acorn or hubbard
- 1/3 cup Yam, sweet potato

Breads

- 1/2 Bagel, plain - 1 oz.
- 1 slice Bread, (whole wheat, rye, white, pumpernickel, raisin or other) - 1 oz.
- 1/2 Bun, hamburger or hot dog - 1 oz.
- 1 Dinner roll, small
- 1/2 English muffin
- 1/2 Pita pocket - 6"-8" across
- 1 Pita pocket - 4" across
- 1/2 Sandwich roll (kaiser)
- 1 Tortilla (flour or corn)

Crackers & Snacks

- 8 Animal crackers
- 4-6 Crackers (whole wheat or rye) - 80 calories/serving
- 3 Graham crackers - 2 1/2" square
- 5 Melba toast, oblongs
- 7 Melba toast, rounds
- 3/4 oz. Pretzels
- 3 cups Plain popped popcorn
- 6 Saltines, unsalted tops
- 1/4 cup Sherbet any flavor
- 1/3 cup Yogurt (frozen, fruit flavor)

Starches & Breads with Fat

15 gm. carbohydrate, 3 gm. protein, 5 or more gm. fat & 125-150 calories per serving count as 1 Starch/Bread serving AND 1 Fat serving.

- 1 Biscuit - 2 1/2"
- 1 Cornbread - 2" cube
- 6 Crackers - butter type
- 10 French fries - 2"-3 1/2" long
- 1/2 Muffin, small, plain - 2"-3"
- 10 Potato chips
- 2 Taco shells - 6"

FATS

5 gm. fat and 45 calories per serving. The serving sizes of all fats are small. Choose unsaturated as opposed to saturated fats to help lower blood cholesterol levels.

Unsaturated Fats

- 1 tsp. Margarine (stick)
- 1 tsp. Margarine (tub)
- 1 tbsp. Margarine (diet)
- 1 tsp. Mayonnaise (regular)
- 1 tbsp. Mayonnaise (reduced calorie)
- 1 tbsp. Nuts and seeds
- 1 tsp. Oil - corn, cottonseed, soybean, olive, sunflower, safflower, peanut
- 1 tbsp. Salad dressing - regular
- 2 tbsp. Salad dressing - reduced calorie

Saturated Fats

- 1 tsp. Butter
- 1 tbsp. Cream (heavy, whipping)
- 1 tbsp. Cream cheese
- 1 slice Bacon
- 2 tbsp. Nondairy creamer (liquid)
- 4 tsp. Nondairy creamer (powdered)
- 2 tbsp. Cream (light, table, coffee or sour)

SEASONINGS

Seasonings can be used as desired. If you are following a low-sodium diet, be sure to read the labels and choose seasonings that do not contain sodium or salt.

Seasonings

- Flavoring extracts - vanilla, almond, butter
- Garlic or garlic powder
- Herbs - fresh or dried
- Lemon, lime or lemon or lime juice
- Onion powder, paprika, pepper, pimento
- Soy sauce
- Worcestershire sauce

FREE FOODS

Containing fewer than 20 calories per serving, you can eat as much as you want of the free foods that have no serving size. Eat up to 3 servings per day of the ones that have serving sizes listed.

Drinks

- Bouillon or broth - no fat
- Cocoa powder - unsweetened baking type
- Coffee or tea
- Soft (carbonated) drinks - calorie-free

Fruits

- Cranberries or rhubarb - no sugar added

Vegetables

- Celery
- Radishes
- Cucumber
- Peppers - hot
- Salad greens - all types

Sweet Substitutes

- Gelatin - sugar-free
- 2 tsp. Jam or jelly - sugar-free
- 1 tbsp. Whipped topping
- 1 tsp. Spreadable fruit - no sugar added

Condiments

- 1 tbsp. Catsup
- Vinegar
- Dill pickles - unsweetened
- Horseradish
- Hot sauce
- Mustard
- 2 tbsp. Taco sauce
- 2 tbsp. Salad dressing - nonfat, low-calorie, including mayonnaise types

Meal Plan for 1800 Calories

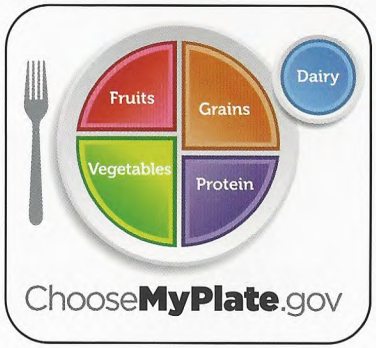
Use this checklist to keep track of your daily food consumption.

Carbohydrate: 224 gm. 50% of total calories
Protein: 90 gm. 20% of total calories
Fat: 60 gm. 30% of total calories

MEALS	SAMPLE MENU 1	SAMPLE MENU 2
BREAKFAST		
2 Starch/Bread	½ cup bran flakes cereal 1 slice whole wheat toast	1 bagel (whole wheat or pumpernickel)
1 Fruit	½ banana	¾ cup mandarin oranges - drained and mixed with
1 Milk	8 oz. skim or 1% milk	1 cup lemon nonfat yogurt
1 Fat	1 tbsp. margarine	1 tbsp. cream cheese
LUNCH		
2 Starch/Bread	2 slices whole wheat bread	2 slices rye bread
3 Meat	3 oz. sliced lean ham	3 oz. sliced turkey
0-2 Vegetable	carrot sticks, radishes	sliced tomato, lettuce on sandwich
1 Fruit	1 apple	1 ¼ cups watermelon
1 Fat	1 tbsp. reduced-calorie mayonnaise OR 1 tsp. margarine	1 tbsp. reduced-calorie mayonnaise
DINNER		
3 Starch/Bread	1 small dinner roll ⅔ cup brown rice	1 small dinner roll or tortilla 1 cup corn or malanga
3 Meat	3 oz. baked chicken	3 oz. flank steak, broiled or grilled
2 Vegetable	1 cup cooked broccoli	1 cup green beans
1 Fruit	1 cup raspberries	1 cup cantaloupe/honeydew melon salad
2 Fat	1 tsp. margarine 1 tbsp. regular salad dressing and Green salad	2 tsp. margarine for corn
EVENING SNACK		
1 Starch/Bread	3 graham cracker squares	1 oz. (1 ½ cups) puffed wheat or rice cereal
1 Fruit	1 small peach or pear	½ banana
1 Milk	8 oz. sugar-free hot cocoa	8 oz. skim or 1% milk

Fast food can be incorporated into your nutrition plan

It is estimated that one in two Americans dine out daily. Fast foods are so common that is important to learn how to incorporate them into your daily nutritional plan. Below is a brief list of fast foods with their food exchange values. This list includes healthier options available in some of the fast food restaurant chains. Most fast food chains have complete food exchange information available at their internet sites.



FOOD EXCHANGE VALUES

	Bread/ Starch	Vegetable	High Fat Meat	Medium Fat Meat	Lean Meat	Fat
MCDONALD'S®						
1 Quarter Pounder® w/cheese	2			3		1
1 Premium Grilled Chicken Club Sandwich	3		2		3.5	1
1 Premium Southwest Salad with Grilled Chicken	1	3.5			3.5	0.5
WENDY'S®						
Spicy Chicken Sandwich®	3				2	1
Small Chili®	1				2	
Jr. Bacon Cheeseburger®	2			2		1
PAPA JOHN'S PIZZA®						
1 Slice Cheese	2.5			0.5		1
1 Slice Garden Fresh®	2.5			0.5		1

Source: USDA's Center for Nutrition Policy and Promotion

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