

## DIET PLAN FOR **XXXXXXXXXX**

1200(total calories)    170g (carbohydrate)    55g(protein)    30g(fat)

### VEGETABLE A (LEAFY)

1 cup

B (non-leafy)

½ cup

### FRUITS

1 pc orange/apple/banana/  
½ slice mango

### MILK

3 tbsp (nonfat) to 1 glass  
water

### RICE

equivalents

2 ½ cups (5 exchanges)

½ cup = 1 exchange

camote

½ cup

wheat bread

2 slices (1 exchange)

oatmeal

1 cup (1 exchange)

### FISH/ MEAT

4 exchanges

equivalents = 1 equivalent = 1 reg size tilapia

½ slice reg bangus

¼ pc chicken breast

1 matchbox size lean meat

½ cup monggo

1 egg 3x /wk

### SAMPLE DIET

Breakfast = oatmeal 1 cup; milk (non-fat); 2 tsp sugar;  
boiled egg (1 pc)

A.M. Snack= boiled camote (1/2 cup)

Lunch= fish sinigang (bangus (1/2 slice); veggies; rice (1/2 cup), banana

P.M. Snack= boiled corn (1/2 cup) or wheat bread

Dinner= monggo & green leafy veggies; turbo chicken without skin  
(drumstick); rice (1/2 cup); 1 apple