

Chart 9

<b>Guidelines for a Healthy Meal</b>	
<b><u>Protein</u></b>	
	1 - 2 servings of protein
<b><u>Carbohydrate</u></b>	
	2 - 4 servings of food high in carbohydrates
	2 or more servings of low carb/ low calorie vegetables
<b><u>Fat</u></b>	
	1 - 2 servings

Chart 10

<b>Example of Menu</b>		
<b>Meal: chicken, salad, bread roll, side of fruit</b>		
<b>Menu item</b>	<b>Portion size</b>	<b>Number of servings</b>
Broiled chicken breast	4 oz	1
Hard-boiled egg	1	1
Bread roll	1	2
Fresh fruit cocktail	½ cup	1
Salad greens	2 cups	2
Tomato	1 cup	1
Salad dressing	2 tbs	2
Butter or margarine	1 tsp	1
<b>Total Servings</b>		
<b>Protein</b>		<b>2</b>
<b>High carb food</b>		<b>3</b>
<b>Low carb/low calorie vegetables</b>		<b>3</b>
<b>Fat</b>		<b>3</b>