

1500 Calorie Diet

Starch

½ cup bran cereal
¾ cup cold cereal
½ cup hot cereal, Pasta, Corn, Croutons
1/3 cup Rice, Baked Beans
1 cup of squash
½ hotdog/Hamburg Bun, English Muffin, Pita
1 slice Bread
3 Graham Crackers
6 Saltines
1 Muffin*, Biscuit*
10 French Fries
2"x2" Cookies*
1 Toaster Waffle*
1 cup Soup
½ cup Ice Cream*
1 Plain Cupcake*
½ cup Potatoes, Sweet Potatoes, Peas
*counts as 1 starch & 1 fat

Meat

¼ cup Ground Meat, Grated Cheese,
Cottage Cheese
1 oz Ham, Turkey, Beef, Chicken, Veal,
Pork, Sausage
1 tbsp. Peanut Butter
½ Cup Casserole**
(Ravioli, Mac n Cheese, Chili)
1 small piece of Pizza**
**counts as 1 meat & 1 starch

Vegetable

½ cup vegetable or Tomato Juice
1 cup raw veggies
½ cup cooked veggies

Fruit

½ cup Fruit Pieces-Unsweetened
½ cup Fruit Juice
1 ¼ cup Fresh Strawberries
1/3 cup prune juice