



## Marci Sloane's 1600 Calorie Diet

### BREAKFAST

#### **CARBOHYDRATE GROUPS (Starch, Fruit, Milk)**

Each carbohydrate food listed below is **ONE serving (15 grams)** of total carbohydrate. Please pick **TWO servings (30 grams)** from the carbohydrate groups listed below for breakfast. You may choose from one group or in any combination within the starches, fruits and milks. If you have ½ portions like 4 ounces of milk, you may add a ½ serving from another carbohydrate group.

#### **STARCH SERVINGS – Each serving below is considered ONE carbohydrate serving or 15 grams of carbohydrates.**

½ cup cooked cereal such as: oatmeal, grits, Wheatena, etc (plain)  
1 slice bread or 2 slices of 40 calorie bread  
¾ cup unsweetened cereal such as: Cheerios, Weight Watchers Fiber and Flakes, All Bran  
¼ bagel store style bagel  
1 Thomas' Light Multigrain English muffin  
½ cup home fries  
½ small Lender's mini bagel or 1 slice bread or 2 slices Nature's Own Double Fiber bread, 1 Flat Out Light tortilla wrap

#### **FRUIT SERVINGS – Each serving below is considered ONE carbohydrate serving.**

½ cup (4 ounces) fruit juice	1 cup cubed fresh fruit
¾ cup berries	1 small fresh fruit (apple, pear)
¼ cup dried fruit	½ cup canned fruit (no juice)
½ large grapefruit	1 Tablespoon jelly/jam
1 small banana	1 ¼ cup strawberries

#### **MILK SERVINGS – Each serving below is considered ONE carbohydrate serving.**

1 cup (8 ounces) skim or 1% milk  
Fage (plain and fat free) Greek yogurt or Lite and Fit yogurt

You may pick **ONE** serving from the **FAT** and **PROTEIN** food group if you would like or **TWO** servings from either group. They are both optional foods for breakfast. If you do not eat these groups for breakfast, you may add them on to another meal or snack.

#### **FAT SERVINGS (Optional) – Each serving below is considered ONE fat serving – 5 grams of fat.**

2 teaspoons whipped butter  
1 Tablespoon low fat margarine or cream cheese  
2 Tablespoons cream, half and half, or light cream cheese  
1 teaspoon margarine, olive/canola oil, stick butter



## 1600 Calorie Diet – BREAKFAST (continued)

### **PROTEIN SERVINGS (Optional) – Each serving below is considered ONE protein serving – 7 grams of protein per ounce.**

¼ cup reduced fat/fat free cottage cheese or 1 ounce of low fat/low sodium cheese  
1 egg or 2 egg whites or ¼ cup egg beaters (limit to 3 – 4 eggs/week)

### ***LUNCH and DINNER***

You may pick **TWO (30 grams)** servings from the starch, fruit and milk groups listed below for lunch. For your dinner meal, you may pick **TWO - THREE (30-45 grams)** servings from the starch, fruit and milk groups. You may pick all the servings from one group if you prefer in any combination.

### **STARCH – Each serving below is considered ONE carbohydrate serving.**

1 slice bread or 2 slices 40 calorie diet bread  
1 small baked potato or sweet potato  
1/3 cup cooked rice or grain  
½ cup mashed potato, ½ cup corn or peas, ½ cup cooked pasta or any noodles  
1 ½ cups non-starchy veggies (broccoli, etc. or 3 cups raw vegetables (salad, etc.)  
½ hot dog or hamburger bun                      6 low fat crackers  
6 graham crackers                                      2 large rice cakes  
½ cup chick peas or any beans                      1 small (1 ounce) roll  
½ English muffin or 1 Thomas' Light Multigrain English Muffin

### **FRUIT SERVINGS – Each serving below is considered ONE carbohydrate serving.**

½ cup (4 ounces) fruit juice	1 cup cubed fresh fruit
¾ cup berries	1 small fresh fruit (apple, pear)
¼ cup dried fruit	½ cup canned fruit (no juice)
½ large grapefruit	1 Tablespoon jelly/jam
1 small banana	1 ¼ cup strawberries

### **MILK SERVINGS - Each serving below is considered ONE carbohydrate serving.**

1 cup (8 ounces) skim or 1% milk  
Fage (plain and fat free) Greek yogurt or Lite and Fit yogurt  
½ cup low fat/No Sugar Added ice cream  
1/3 cup low fat frozen yogurt

Remember there are 15 grams of carbohydrates in each carbohydrate serving, 5 grams of fat in each fat serving, and 7 grams of protein in 1 ounce serving.



## 1600 Calorie Diet – LUNCH AND DINNER (continued)

You may pick **ONE** serving of fat and **ONE** serving from the protein group for lunch and **TWO** servings of fat and **TWO** servings of protein at dinner.

### FAT

- 1 Tablespoon low fat mayonnaise or regular salad dressing, regular cream cheese
- 2 Tablespoons low fat salad dressing, regular sour cream
- 8 green or black olives
- 3 Tablespoons low fat sour cream
- 2 teaspoons whipped butter
- 2 tablespoons cream, half-and-half, or light cream cheese
- 1 teaspoon margarine, olive/canola oil, stick butter, regular mayonnaise

### PROTEIN

- 3 ounces lean meat, poultry, or fish (size of a bar of soap or a deck of cards)
- 3 ounces low fat/low salt cheese
- ½ cup tofu
- 2 Tablespoons of peanut butter (“Natural” or “Old Fashioned”)
- ¾ cup part skim ricotta/cottage cheese

### VEGETABLES – All non-starchy vegetables are only 5 grams of carbohydrates per ½ as opposed to 15 grams!!

½ cup or more of non-starchy cooked vegetables such as carrots, tomatoes, broccoli, etc. or 1 cup of raw vegetables (salad, any uncooked non-starchy vegetable) have 5 grams of carbohydrates. (The starchy vegetables count as 15 grams of carbohydrate are: Potatoes, corn, winter squash: butternut or acorn, sweet potatoes, yams and peas)

### SNACK

You may have **ONE** serving of carbohydrate for a snack between lunch *and* dinner and after dinner/before bed. Also add 1 ounce of protein or 1 fat serving at each snack.

- ½ cup low fat/no sugar added ice cream
- 1 small fruit
- 1 cup (8 ounces) low fat milk
- ½ cup (4 ounces) low fat milk and 2 low fat/sugar free cookies (try Joseph’s cookies)
- 4 ounces sugar-free chocolate pudding
- 2 40 calorie fudgsicles
- 6 low fat crackers, 1 hard pretzel, 12 small pretzels
- 6 graham crackers (each individual one)
- 4 cups popcorn (try Jolly Time mini serve bags)

You may also have sugar-free Jello or fat-free hot cocoa **FREE of charge!!**