

**WOMAN'S CLINIC, P.A.**

**2200 CALORIE DIET**

This is a meal pattern and one day's sample menu as an example of the selections you can make from the Food Groups listed in the left column. The numbers in the column headed Food Groups refer to the numbers of the six food groups in your booklet, "Exchange List for Meal Planning." For example, at lunch any food from the Fruit Group, group 3, can be substituted for the 1 small apple suggested on the Sample Menu. The groups are called "exchanges" because one food can be exchanged for any other food in the same group.

<b><u>MEAL PATTERN</u></b>	<b><u>FOOD GROUP</u></b>	<b><u>SAMPLE MENU</u></b>
<b>Breakfast</b>		<b>Breakfast</b>
2 Fruit Exchanges	List 4	1 cup orange juice
2 Meat Exchanges	List 2	2 oz. broiled ham
2 Bread Exchanges	List 1	1/2 cup oatmeal
		1 slice toast
2 Fat Exchanges	List 6	2 tsp. margarine
1 Milk Exchange	List 5	1 cup skim milk
<b>Luncheon</b>		<b>Luncheon</b>
3 Meat Exchanges	List 2	3 oz. sliced chicken
1 Vegetable Exchange	List 3	1/2 cup okra
3 Bread Exchanges	List 1	1/3 cup corn
		2 rolls
2 Fat Exchanges	List 6	2 tsp. margarine
1 Fruit Exchange	List 4	1/2 cup water-packed applesauce
1 Milk Exchange	List 5	1 cup skim milk
<b>Dinner</b>		<b>Dinner</b>
3 Meat Exchanges	List 2	3 oz. roast pork
1 Vegetable Exchange	List 3	1/2 cup green beans
3 Bread Exchanges	List 1	1/2 cup mashed potatoes
		2 rolls
3 Fat Exchanges	List 6	3 tsp. margarine
1 Fruit Exchange	List 4	1 small apple, sliced
<b><u>Bedtime Feeding</u></b>		<b><u>Bedtime Feeding</u></b>
1 Milk Exchange		1 cup skim milk
1 Meat Exchange		1 slice cold cuts
2 Bread Exchanges		2 sliced enriched bread
		1 tsp. mayonnaise
1 Fat Exchange		1/2 banana
1 Fruit Exchange		