

POUNDS LOST Study Sample One-Day Menus 1400 calorie version

These one-day menus represent the variations of a heart-healthy sample menu, illustrating differences among the four diets of the POUNDS study. Actual diets were varied day-to-day.

	Diet A: High fat, Avg protein (40% fat, 15% protein, 45% carb)	Diet B: High fat, High protein (40% fat, 25% protein, 35% carb)	Diet C: Low fat, Avg protein (20% fat, 15% protein, 65% carb)	Diet D: Low fat, High protein (20% fat, 25% protein, 55% carb)
Breakfast				
Egg, whole, poached	1 large	1 large	1 large	1 large
Bagel, whole wheat	½ medium (2 ¾" to 3 ¼" dia) or about 1 oz	½ medium (2 ¾" to 3 ¼" dia) or about 1 oz	1 medium (2 ¾" to 3 ¼" dia) or about 2 oz	½ medium (2 ¾" to 3 ¼" dia) or about 1 oz
Apple juice	4 fl oz.	_____	10 fl oz	6 fl oz
Milk, skim or nonfat, 0.5% or less fat	1 cup	1 cup	1 cup	1 cup
Cheese, cream, low fat	½ tablespoon	½ tablespoon	_____	_____
Lunch				
Spaghetti, cooked, whole wheat, no fat added in cooking	½ cup, cooked	½ cup, cooked	1 cup, cooked	½ cup, cooked
Turkey, light meat, cooked, skin not eaten	_____	2 oz, boneless, cooked, skinless	_____	2 oz, boneless, cooked, skinless
Squash, summer, cooked, from fresh, no fat added in cooking	½ cup, slices	½ cup, slices	⅓ cup, slices	½ cup, slices
Peppers, red, cooked, no fat added in cooking	½ cup	½ cup	½ cup	½ cup
Mushrooms, cooked, from fresh, no fat added in cooking	½ cup	½ cup	½ cup	½ cup
Olive oil	1 ½ tablespoons	2 teaspoons	1 ¼ tablespoons	2 teaspoons
Banana, raw	1 small (6" to 6 7/8" long)	½ small (6" to 6 7/8" long)	¾ of a large (8" to 8 7/8" long)	1 large (8" to 8 7/8" long)
Dinner				
Beef, roast, roasted, lean only	2 oz, boneless, cooked, lean only	4 oz, boneless, cooked, lean only	1 ½ oz, boneless, cooked, lean only	4 oz, boneless, cooked, lean only
White potato, from fresh, mashed, not made with milk or fat	1 small (1 ¾" to 2 ¼" dia)	½ small (1 ¾" to 2 ¼" dia)	1 small (1 ¾" to 2 ¼" dia)	1 small (1 ¾" to 2 ¼" dia)
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from frozen, no fat added in cooking	¼ cup	¼ cup	⅓ cup	¼ cup
Cabbage, red, raw	¼ cup, shredded	¼ cup, shredded	¼ cup, shredded	¼ cup, shredded
Cabbage, green, raw	¼ cup, shredded	¼ cup, shredded	¼ cup, shredded	¼ cup, shredded
Vinegar	1 fl oz	1 fl oz	2 tablespoons	1 fl oz
Raisins	1 miniature box (.5 oz)	1 miniature box (.5 oz)	1½ miniature boxes (.5 oz each)	1½ miniature boxes (.5 oz each)
Apple, raw	1 small (2 ½" dia) (approx 4 per lb)	_____	1 small (2 ½" dia) (approx 4 per lb)	1 small (2 ½" dia) (approx 4 per lb)
Olive oil	4 teaspoons	1 tablespoon	_____	_____
Walnuts	½ oz (7 halves)	1 oz (14 halves)	_____	_____
Snacks				
Milk, skim or nonfat, 0.5% or less butterfat	½ cup	1 cup	½ cup	1 cup
Crackers, graham	1 large rectangular piece	1 large rectangular piece	1½ large rectangular pieces	1½ large rectangular pieces

POUNDS LOST Study Sample One-Day Menus 2000 calorie version

These one-day menus represent the variations of a heart-healthy sample menu, illustrating differences among the four diets of the POUNDS study. Actual diets were varied day-to-day.

	Diet A: High fat, Avg protein (40% fat, 15% protein, 45% carb)	Diet B: High fat, High protein (40% fat, 25% protein, 35% carb)	Diet C: Low fat, Avg protein (20% fat, 15% protein, 65% carb)	Diet D: Low fat, High protein (20% fat, 25% protein, 55% carb)
Breakfast				
Egg, whole, poached or boiled	1 large	1 large	1 large	1 large
Bagel, whole wheat	1 medium (2 ¾" to 3 ¼" dia) or about 2 oz	1 medium (2 ¾" to 3 ¼" dia) or about 2 oz	2 medium (2 ¾" to 3 ¼" dia) or about 4 oz	1 medium (2 ¾" to 3 ¼" dia) or about 2 oz
Apple juice	6 fl oz	_____	12 fl oz	8 fl oz
Milk, skim or nonfat, 0.5% or less fat	1 cup	1 cup	6 fl oz	1 cup
Cheese, cream, low fat	1 tablespoon	1 teaspoon	_____	_____
Margarine, tub	_____	_____	1 teaspoon	_____
Lunch				
Spaghetti, cooked, whole wheat, no fat added in cooking	¾ cup, cooked	¾ cup, cooked	1 ¼ cups, cooked	1 cup, cooked
Turkey, light meat, cooked, skin not eaten	_____	3 oz, boneless, cooked, skinless	_____	4 oz, boneless, cooked, skinless
Squash, summer, cooked, from fresh, no fat added in cooking	¾ cup, slices	½ cup, slices	¾ cup, slices	1 cup, slices
Peppers, red, cooked, no fat added in cooking	½ cup	½ cup	½ cup	½ cup
Mushrooms, cooked, from fresh, no fat added in cooking	½ cup	½ cup	½ cup	½ cup
Olive oil	2 tablespoons	1 tablespoon	4 teaspoons	1 tablespoon
Banana, raw	1 small (6" to 6 7/8" long)	1 small (6" to 6 7/8" long)	1 large (8" to 8 7/8" long)	1 large (8" to 8 7/8" long)
Dinner				
Beef, roast, roasted, lean only	3 ½ oz, boneless, cooked, lean only	6 oz, boneless, cooked, lean only	3 oz, boneless, cooked, lean only	5 oz, boneless, cooked, lean only
White potato, from fresh, mashed, not made with milk or fat	¾ cup	1 small (1 ¾" to 2 ¼" dia)	¾ cup	1 ½ small (1 ¾" to 2 ¼" dia)
Mixed vegetables (corn, lima beans, peas, green beans, and carrots), cooked, from frozen, no fat added in cooking	½ cup	1/3 cup	2/3 cup	½ cup
Cabbage, red, raw	¼ cup, shredded	½ cup, shredded	1/3 cup, shredded	½ cup, shredded
Cabbage, green, raw	¼ cup, shredded	½ cup, shredded	1/3 cup, shredded	½ cup, shredded
Vinegar	1 fl oz	1 fl oz	2 tablespoons	1 fl oz
Raisins	1 miniature box (.5 oz)	1 miniature box (.5 oz)	2 miniature boxes (.5 oz each)	1½ miniature boxes (.5 oz each)
Apple, raw	1 medium (2 ¾" dia) (approx 3 per lb)	_____	1 large (3 ¼" dia) (approx 2 per lb)	1 medium (2 ¾" dia)(approx 3 per lb)
Olive oil	5 teaspoons	1 tablespoon	_____	_____
Walnuts	1 oz (14 halves)	2 oz (28 halves)	_____	_____
Snacks				
Milk, skim or nonfat	½ cup	1 cup	½ cup	1 cup
Crackers, graham	1 large rectangular piece	1 large rectangular piece	2 large rectangular pieces	3 large rectangular pieces