



Marci Sloane's 2000 Calorie Diet

BREAKFAST

CARBOHYDRATE GROUPS (Starch, Fruit, Milk)

Each carbohydrate food listed below is **ONE serving (15 grams)** of total carbohydrate. Please pick **THREE servings (45 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 **TWO** servings from the **FAT** and **PROTEIN** food group if you would like. They are both optional foods for breakfast. If you do not eat these groups for breakfast, you may add them 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



2000 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 **THREE (45 grams)** servings from the starch, fruit and milk groups listed below for lunch. For your dinner meal, you may pick **THREE (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.



2000 Calorie Diet – LUNCH AND DINNER (continued)

You may pick **ONE** serving of fat and **ONE** serving from the protein group for lunch and **TWO - THREE** (30-45 grams) servings of fat and **TWO – THREE** (30-45 grams) servings 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!!

1/2 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 - TWO (15 – 30 grams)** servings of carbohydrate for a snack between lunch *and* dinner and after dinner/before bed. Also add **TWO** ounces of protein or **TWO** fat servings at each snack.

- ½ cup low fat/no sugar added ice cream, 1 cup (8 ounces) low fat milk
- 12 small pretzels, 1 hard pretzel
- 1 small fruit
- 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
- 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!!**