Filling Your Plate The Dietary Guidelines Way

Follow the Dietary Guidelines for Americans with the foods you enjoy.

This simple meal plan provides a flexible and realistic way to get the most nutrition for your calories by focusing on nutrient-dense foods and beverages such as low-fat or fat-free milk and milk products, fruits, vegetables, lean protein, and whole grains.

BREAKFAST: Jump Start the Day Parfait

1 cup fat-free yogurt
1 cup sliced strawberries
1/2 cup low-fat granola

LUNCH: Hearty Roast Beef Sandwich

2 slices 100% whole-grain bread
3 oz. lean roast beef
1.5 oz. low-fat Colby cheese
2 slices tomato
1 teaspoon stone-ground mustard

Side Salad

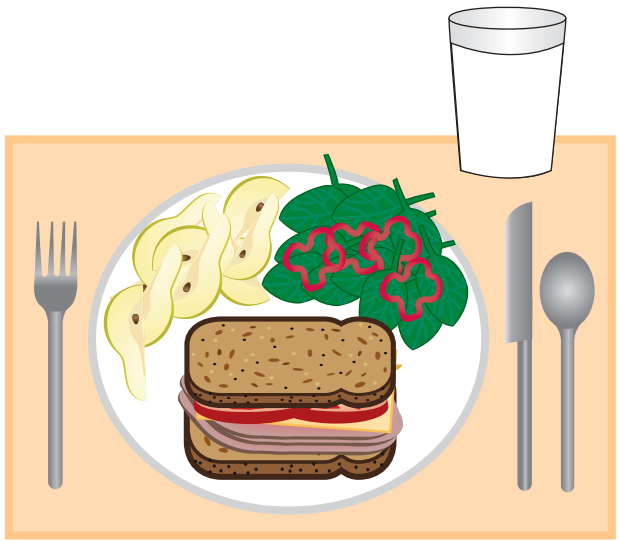
2 cups spinach leaves
1/2 cup red pepper slices
2 tablespoons balsamic vinaigrette

Pear Slices

1 medium pear, sliced

Fat-free Milk

1 cup fat-free milk



DINNER: Salmon with Fruit Salsa

3 oz. salmon
1/2 cup diced pineapple
1/2 cup diced mango

Sauteed Green Beans

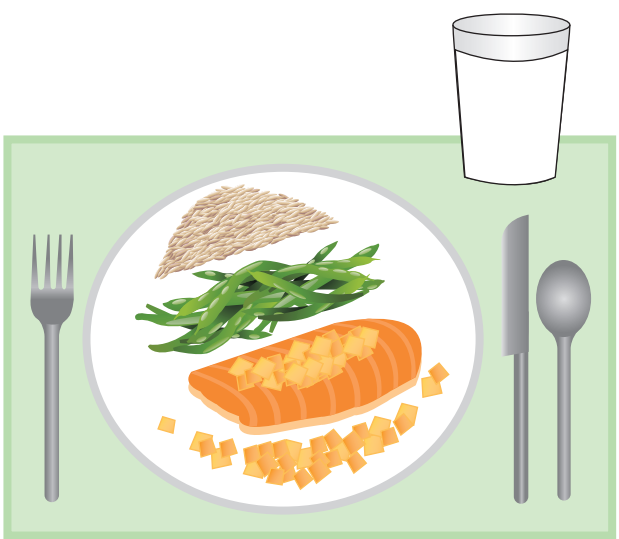
1/2 cup green beans
1 teaspoon olive oil

Rice

1 cup cooked rice

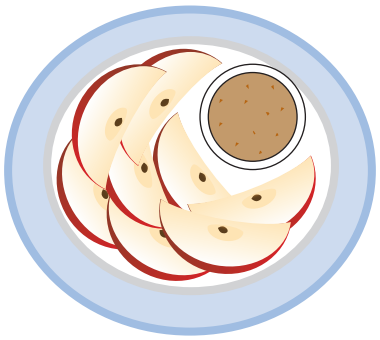
Fat-free Milk

1 cup fat-free milk



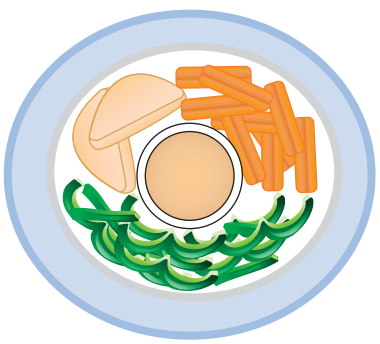
MORNING SNACK: Apple Dippers with Peanut Butter

1 small apple, sliced
2 tablespoons peanut butter



AFTERNOON SNACK: Hummus and Veggie Plate

1/2 cup baby carrots
1/2 cup green pepper slices
1/2 small pita
1/4 cup hummus



2013 calories, 288 g carbohydrate, 110 g protein, 5% calories from sat fat, 143 mg cholesterol, 1928 mg sodium, 39 g fiber. It also provides 4 c. low-fat or fat-free milk and milk products; 4 c. fruit; 3 c. vegetables, 6 oz. grains (3 oz. whole grains); and 10 oz. protein (3 oz. seafood). This meal plan was developed to reach a recommendation of less than 2,300 mg. of sodium.

Source: Dayle Hayes, MS, RD; Chair of the School Nutrition Services Dietetic Practice Group of the American Dietetic Association
Nutritional totals determined with The Food Processor® SQL. ESHA Research, Inc, 2010. Volume 10.7

3 Every Day Milk Cheese Yogurt

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For Illustrative purposes