

HO 1.3 Menus to Try: 2,800 Calories

Trying to eat a healthy, balanced diet such as the Dietary Approaches to Stop Hypertension (**DASH**) **diet** can be hard at first. It sometimes helps to have a sample diet as a model to see what a healthy diet looks like.

Day 1: 2,800 Calories	
Breakfast	1/2 cup (120 grams) instant oatmeal, flavored
	1 medium whole-wheat bagel
	1 medium banana
	1 cup (240 grams) nonfat milk
	2 tablespoons cream cheese, reduced fat
Lunch	Chicken breast sandwich:
	3 slices (4.5 ounces or 130 grams) chicken breast, skinless
	2 slices whole-wheat bread
	1 large leaf lettuce
	2 slices tomato
	1 tablespoon mayonnaise, low fat
	1 slice (3/4 ounce or 20 grams) processed (American) cheese, reduced fat
	1 medium peach
	1 cup (240 milliliters) apple juice
Dinner	Spaghetti:
	3/4 cup (190 grams) spaghetti sauce
	3 ounces (85 grams) lean ground beef, cooked and drained
	1 cup (140 grams) spaghetti noodles
	3 tablespoons Parmesan cheese
	Spinach salad:
	1 cup (30 grams) fresh spinach leaves
	1/4 cup (30 grams) fresh carrots, grated
	1/4 cup (20 grams) fresh mushrooms, sliced
	2 tablespoons light vinaigrette dressing
	1 medium whole-grain roll
	1 teaspoon soft margarine
	1/2 cup (80 grams) sweet corn, cooked from frozen
	1/2 cup (125 grams) pears, in their own juice
Snacks	1/3 cup (45 grams) almonds
	1/4 cup (35 grams) dried apricots
	1 cup (245 grams) fruit yogurt, nonfat, no sugar added
	1/4 cup (30 grams) low-fat granola
	8 ounces (240 milliliters) lemonade
Day 2: 2,800 Calories	

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Breakfast	1-1/2 cup (80 grams) frosted shredded wheat
	2 slices whole-wheat bread
	1 medium banana
	1 cup (240 milliliters) nonfat milk
	1 cup (240 milliliters) orange juice
	1 teaspoon soft margarine
	2 teaspoons jam
Lunch	Salad plate:
	1/2 cup (100 grams) tuna salad with nonfat mayonnaise
	1 large leaf lettuce
	9 wheat crackers, low fat
	1/2 cup (115 grams) cottage cheese, 2%
	1 cup (240 grams) canned pineapple, in its own juice
	4 large celery sticks
	2 tablespoons ranch dressing, low fat
Dinner	3 ounces (85 grams) meatloaf (with ground turkey)
	1 tablespoon ketchup
	1 large baked potato:
	2 teaspoons soft margarine
	1 tablespoon sour cream, low fat
	1 green onion stalk, chopped
	1 cup (190 grams) collard greens, cooked from frozen
	1 medium peach
	1 cup (240 milliliters) nonfat milk
Snacks	2 tablespoons peanut butter, reduced fat
	1 large whole-grain bagel
	1 cup (245 grams) fruit yogurt, nonfat, no sugar added
	1/4 cup (30 grams) low-fat granola
Day 3: 2,800 Calories	
Breakfast	1 low-fat fruit or cereal bar
	1 medium banana
	1 cup (245 grams) fruit yogurt, nonfat, no sugar added
	1 mini whole-wheat bagel
	1 tablespoon jam
	1 cup (240 milliliters) orange juice
Lunch	Turkey breast sandwich:
	3 ounces (85 grams) turkey breast
	2 slices whole-wheat bread
	2 slices (3/4 ounce or 20 grams) cheddar cheese, reduced fat

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	1 large leaf lettuce
	2 slices tomato
	2 teaspoons mayonnaise, low fat
	1 tablespoon Dijon mustard
	1 cup (185 grams) broccoli, steamed
	1 medium orange
	6 wheat crackers, nonfat
Dinner	3 ounces (85 grams) cod
	1 teaspoon lemon juice
	1 cup (200 grams) brown rice, long grain
	1/2 cup (90 grams) spinach, cooked from frozen
	1 cup (160 grams) carrots, cooked from frozen
	1 teaspoon soft margarine
	1 large corn bread muffin
	2 teaspoons soft margarine
Snacks	4 rice cakes
	2 tablespoons peanut butter, reduced fat
	1 cup (240 milliliters) nonfat milk
	1/4 cup (40 grams) dried fruit

Courtesy of the National Heart, Lung, and Blood Institute (as part of the NIH and the U.S. Department of Health and Human Services).