



Female Meal Plans

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1300 Calories Healthy Aging - Day 01							
Breakfast							
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
15	1.0	1 packet, prepared	oats, instant, fortified, with bran and raisins, prepared with water	4.88	30.42	1.95	157.95
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
7	0.5	1 cup, halves	Strawberries, raw	0.51	5.84	0.23	24.32
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				12.78	59.39	7.44	346.72
Snack 1							
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.3	1 cup	Peaches, canned, juice pack, solids and liquids	0.39	7.23	0.02	27.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				7.39	9.49	0.59	70.87
Lunch							
16	6.0	1 toast	Crackers, melba toast, wheat	3.87	22.92	0.69	112.20
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 cup	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	9.74	29.93	2.33	179.63
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				18.48	64.13	3.22	358.83
Snack 2							
4	0.3	1 cup	Soybeans, mature seeds, dry roasted	9.20	7.61	5.03	104.86
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				9.20	7.61	5.03	104.86
Dinner							
21	1.5	tablespoon	BBQ - Thick n' Spicy, KRAFT	0.00	9.00	0.75	37.50
6	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	0.5	1 cup	Sweet potato, cooked, baked in skin, flesh, without salt	2.01	20.71	0.15	90.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	1/2 cup	zucchini, boiled, drained	0.58	3.54	0.05	14.40
<i>Totals for Dinner</i>				23.54	36.63	2.35	252.00
Snack 3							
0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00
Totals For 1300 Calories Healthy Aging - Day 01				73.40	185.26	21.63	1202.28

1300 Calories Healthy Aging - Day 02

Breakfast

16	1.0	1 muffin	English muffins, wheat, toasted	4.89	25.32	1.09	126.36
21	0.5	tea spoon	Jelly - all flavors, Simply Fruit, Smuckers	0.00	2.00	0.00	8.00
23	0.5	1 teaspoon	Margarine, soft, soybean, no salt	0.02	0.02	2.01	17.90
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
7	0.3	1 cup, pitted	Plums, dried (prunes), stewed, without added sugar	0.60	17.41	0.10	66.34
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				9.71	51.41	3.40	263.97

Snack 1

7	0.5	1 cup	Blueberries, raw	0.55	10.72	0.24	42.18
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 1</i>				8.05	24.22	0.24	132.18

Lunch

7	0.5	1 cup, halves	Apricots, canned, juice pack, with skin, solids and liquids	0.77	15.05	0.05	58.56
5	0.5	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	4.00	0.50	2.50	40.00
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
6	1.0	1 leaf	Spinach, raw	0.29	0.36	0.04	2.30
6	0.5	1/2 cup	tomato, diced	0.38	2.09	0.15	9.50
0	1.0	each	Tortilla - flour, soft, 7" diam.	2.00	14.00	2.00	80.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				23.88	41.65	14.23	382.04

Snack 2

15	0.5	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	4.12	7.03	1.52	54.15
21	1.0	tablespoon	Peanut Butter	4.00	3.50	8.15	95.00
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
<i>Totals for Snack 2</i>				16.31	31.84	14.09	307.15

Dinner

6	1.0	0.5 cup, shredded	Cabbage, cooked, boiled, drained, without salt	0.95	4.13	0.04	17.25
6	0.5	1 cup, sliced	Carrots, frozen, cooked, boiled, drained, without salt	0.42	5.64	0.50	27.01
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
20	1.0	tablespoon	Oil & Vinegar - Wish-Bone, vinaigrette Lite	0.10	1.90	0.90	16.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				26.90	22.06	2.94	218.26

Snack 3

16	4.0	1 small	Cookies, vanilla wafers, lower fat	0.60	8.83	1.82	52.92
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 3</i>				0.60	9.54	1.82	55.29

Totals For 1300 Calories Healthy Aging - Day 02				85.45	180.72	36.72	1358.89
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1300 Calories Healthy Aging - Day 03

Breakfast

15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	1.48	20.35	0.42	82.68
7	0.5	1 cup, balls	Melons, cantaloupe, raw	0.74	7.22	0.17	30.09
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
0	2.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	1.42	0.00	4.74
<i>Totals for Breakfast</i>				7.42	47.94	0.79	215.51

Snack 1

5	1.0	1 cubic inch	Cheese, low fat, cheddar or colby	4.14	0.32	1.19	29.41
16	0.5	1 serving	NABISCO, NABISCO WHEAT THINS Crackers, baked	1.20	10.02	2.90	68.15
0	6.0	fluid ounce(s)	Vegetable juice - V8, no salt	1.00	8.00	0.00	36.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				6.34	18.34	4.09	133.56

Lunch

5	1.0	ounce(s)	Cheddar, mild shredded, KRAFT Lite Naturals	8.00	1.00	5.00	80.00
6	1.5	cup	Green salad w/ raw vegetables	2.59	6.67	0.15	33.00
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
16	1.0	1 medium (2-1/2" dia)	Rolls, dinner, whole-wheat	3.13	18.40	1.69	95.76
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
0	8.0	fluid ounce(s)	Tea - prepared w/tap water	0.00	0.67	0.00	0.00
1	2.0	ounce(s)	Turkey Breast / White Meat	17.00	0.00	0.40	76.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				31.12	29.93	18.10	397.36

Snack 2

7	0.5	1 cup	Raspberries, raw	0.74	7.34	0.40	31.98
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	6.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	7.50	13.50	0.00	90.00
<i>Totals for Snack 2</i>				8.24	20.84	0.40	121.98

Dinner

5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
6	3.0	tablespoon	Onion - chopped	0.30	2.70	0.00	12.00
6	0.5	1 cup	Potatoes, mashed, home-prepared, whole milk added	2.01	18.45	0.60	87.15
6	1.0	0.5 cup	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	3.81	4.56	0.83	32.30
0	1.0	each	Vegetarian burger - frozen, Green Giant, Harvest	18.00	8.00	4.00	140.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				30.01	43.79	6.00	336.29

Snack 3

0	1.0	0.5 cup (4 fl oz)	Sherbet, orange	0.81	22.50	1.48	106.56
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 3</i>				0.81	23.21	1.48	108.93

Totals For 1300 Calories Healthy Aging - Day 03				83.94	184.05	30.86	1313.63
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1300 Calories Healthy Aging - Day 04

Breakfast

16	0.5	each	Bagel - Honey Wheat, Earth Grains	4.50	22.50	0.00	120.00
5	1.0	ounce(s)	Cream Cheese, Light, Phili brand	3.00	2.00	5.00	60.00
1	1.0	each	Egg Whites - scrambled/boiled	3.50	0.30	0.00	17.00
7	1.0	0.5 fruit (3-3/4" dia)	Grapefruit, raw, pink and red, all areas	0.95	13.11	0.17	51.66
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				16.15	44.57	5.37	294.03

Snack 1

8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.3	1 cup, crushed, sliced, or chunks	Pineapple, canned, juice pack, solids and liquids	0.26	9.77	0.05	37.35
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				7.26	11.32	0.62	78.35

Lunch

0	1.0	each	MAIN51 - Lentil Stew	19.00	49.00	2.00	282.00
23	1.3	1 teaspoon	Margarine, soft, soybean, no salt	0.05	0.06	5.02	44.75
16	0.5	1 muffin (2-1/2" dia x 2-1/4")	Muffins, corn, commercially prepared	1.68	14.54	2.39	86.93
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
0	1.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				21.40	68.93	9.41	437.68

Snack 2

16	0.5	1 muffin	English muffins, whole-wheat	2.90	13.33	0.69	66.99
21	0.5	tablespoon	Peanut butter - creamy. Peter Pan	2.15	1.42	4.10	47.50
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				5.05	14.75	4.79	114.49

Dinner

3	0.5	cup	Asparagus/ Fresh - Boiled	2.30	3.80	0.30	22.00
12	1.0	3 oz	Fish, salmon, pink, cooked, dry heat	20.89	0.00	4.49	130.05
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				29.91	32.14	5.87	303.28

Snack 3

9	3.0	each	Graham Crackers	1.45	16.13	2.12	88.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 3</i>				1.45	16.84	2.12	90.87

Totals For 1300 Calories Healthy Aging - Day 04				81.22	188.55	28.18	1318.70
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1300 Calories Healthy Aging - Day 05**Breakfast**

5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
15	1.0	1 packet, prepared	oats, instant, fortified, with bran and raisins, prepared with water	4.88	30.42	1.95	157.95
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
14	1.0	1 tablespoon	Seeds, flaxseed	2.19	3.47	5.06	64.08
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				12.27	53.55	7.21	322.40

Snack 1

5	1.0	1 large	Egg, whole, cooked, hard-boiled	6.29	0.56	5.30	77.50
16	0.5	each	Muffin - blueberry, Sara Lee, Free n' Lite	1.50	14.00	0.00	60.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 1</i>				7.79	15.27	5.30	139.87

Lunch

6	1.0	cup	Green salad w/ raw vegetables	1.73	4.44	0.10	22.00
23	0.5	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.18	1.58	3.42	38.40
0	1.0	1 package yields	STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal	10.84	24.40	6.13	196.37
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				12.75	30.42	9.65	256.77

Snack 2

9	3.0	each	Graham Crackers	1.45	16.13	2.12	88.50
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
5	4.0	ounce(s)	Yogurt - Yoplait, Light, all flavors	5.00	9.00	0.00	60.00
<i>Totals for Snack 2</i>				6.45	25.13	2.12	148.50

Dinner

6	0.5	1 cup (1" pieces)	Cauliflower, frozen, cooked, boiled, drained, without salt	1.45	3.38	0.20	17.10
5	0.5	1 oz	Cheese, mozzarella, part skim milk	3.44	0.39	2.26	36.00
1	3.0	ounce(s)	Chicken Breast / White Meat	19.50	0.00	1.20	93.00
6	0.5	1 cup (1" cubes)	Eggplant, cooked, boiled, drained, without salt	0.41	4.32	0.11	17.33
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
17	0.5	cup	Spaghetti - whole wheat, cooked, Health Valley	4.50	20.00	0.50	85.00
21	0.5	cup	Spaghetti sauce - Ragu, 'Thick & Hearty'	2.00	15.00	3.00	100.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Dinner</i>				35.50	49.04	7.47	391.43

Snack 3

0	3.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	2.01	8.01	3.00	69.00
<i>Totals for Snack 3</i>				2.01	8.01	3.00	69.00

Totals For 1300 Calories Healthy Aging - Day 05				76.77	181.42	34.75	1327.97
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1300 Calories Healthy Aging - Day 06

Breakfast

16	1.0	1 serving	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	4.55	27.30	2.45	140.70
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	4.0	fluid ounce(s)	Orange Juice, Tropicana- 100% pure, plus calcium	1.00	13.00	0.00	55.00
21	0.5	tablespoon	Syrup - Aunt Jemima, ButterLite	0.00	3.25	0.00	12.50
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				9.75	50.21	2.65	253.57

Snack 1

5	2.0	1 cubic inch	Cheese, low fat, cheddar or colby	8.28	0.65	2.38	58.82
16	0.5	1 serving	NABISCO, NABISCO WHEAT THINS Crackers, baked	1.20	10.02	2.90	68.15
0	4.0	fluid ounce(s)	Vegetable juice - V8, no salt	0.67	5.33	0.00	24.00
<i>Totals for Snack 1</i>				10.15	16.00	5.28	150.97

Lunch

6	6.0	1 large	Carrots, baby, raw	0.58	7.42	0.12	31.50
3	1.0	each	Celery - raw stalk trimmed	0.50	2.00	0.00	10.00
16	3.0	1 toast	Crackers, melba toast, wheat	1.93	11.46	0.34	56.10
6	0.5	cup	Cucumber - raw, slices	0.40	1.40	0.00	7.00
12	0.5	1 cup	Fish, tuna salad	16.44	9.65	9.49	191.68
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
23	1.0	2 tablespoon	Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing	0.36	3.15	6.84	76.80
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				24.41	41.03	16.99	416.08

Snack 2

7	10.0	each	Cherries, sweet, medium	0.80	11.30	0.70	50.00
7	10.0	each	Grapes - American	0.20	4.10	0.00	20.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 2</i>				1.00	15.40	0.70	70.00

Dinner

6	0.5	1 cup	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	2.85	4.92	0.11	25.76
6	1.0	0.5 cup pieces	Mushrooms, white, cooked, boiled, drained, without salt	1.69	4.13	0.37	21.84
17	0.5	1 cup	Rice, brown, long-grain, cooked	2.52	22.39	0.88	108.23
19	2.0	ounce(s)	Sirloin Top - fat trimmed off	17.20	0.00	3.86	108.00
21	1.0	tablespoon	Soy sauce - Kikkoman 'Lite'	0.00	1.30	0.00	11.00
4	1.0	0.2 block	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	7.45	1.54	3.79	63.70
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	0.5	0.5 cup slices	Waterchestnuts, chinese, canned, solids and liquids	0.31	4.31	0.02	17.50
<i>Totals for Dinner</i>				32.02	38.59	9.03	356.03

Snack 3

0	1.0	0.5 cup (4 fl oz)	Sherbet, orange	0.81	22.50	1.48	106.56
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Snack 3</i>				0.81	23.21	1.48	108.93

Totals For 1300 Calories Healthy Aging - Day 06				78.14	184.44	36.13	1355.58
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1300 Calories Healthy Aging - Day 07

Breakfast

15	0.5	1 cup (1 NLEA serving)	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	1.48	20.35	0.42	82.68
7	0.5	0.5 fruit (3-3/4" dia)	Grapefruit, raw, pink and red, all areas	0.47	6.56	0.09	25.83
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
<i>Totals for Breakfast</i>				6.15	33.57	0.71	153.88

Snack 1

8	0.5	cup	Cottage Cheese - 1% fat	14.00	3.10	1.15	82.00
7	0.5	1 cup	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.55	14.05	0.01	54.51
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Snack 1</i>				14.55	17.15	1.16	136.51

Lunch

6	0.3	1 cup	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.50	2.18	0.06	9.45
5	0.5	cup	Milk - skim, no fat	4.20	5.95	0.20	43.00
0	1.0	1 package yields	STOUFFER'S LEAN CUISINE Swedish Meatballs with Pasta, frozen entree	22.08	31.32	6.79	273.48
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
<i>Totals for Lunch</i>				26.78	39.45	7.05	325.93

Snack 2

0	1.0	1 cup (8 fl oz)	Tea, black, brewed, prepared with tap water, decaffeinated	0.00	0.71	0.00	2.37
4	0.5	ounce(s)	Walnuts, dried	2.09	3.04	7.60	89.00
<i>Totals for Snack 2</i>				2.09	3.75	7.60	91.37

Dinner

6	0.3	1 cup, slices	Beets, harvard, canned, solids and liquids	0.52	11.18	0.04	44.90
6	0.3	1 cup	Brussels sprouts, frozen, cooked, boiled, drained, without salt	1.41	3.22	0.15	16.28
23	1.0	1 teaspoon	Margarine, soft, soybean, no salt	0.04	0.04	4.02	35.80
16	0.5	1 muffin (2-1/2" dia x 2-1/4")	Muffins, corn, commercially prepared	1.68	14.54	2.39	86.93
1	3.0	ounce(s)	Trout - all species, dry heat cooked	22.59	0.00	7.20	162.00
0	2.0	1 cup (8 fl oz)	Water, tap, municipal	0.00	0.00	0.00	0.00
6	1.0	0.5 cup, cubes	Yam, cooked, boiled, drained, or baked, without salt	1.01	18.69	0.10	78.88
<i>Totals for Dinner</i>				27.25	47.67	13.90	424.79

Snack 3

7	0.5	each	Banana - med 8"	0.60	13.35	0.30	52.50
15	0.3	1 oz	Cereals ready-to-eat, wheat germ, toasted, plain	2.06	3.52	0.76	27.07
4	1.0	1 cup	Soymilk, original and vanilla, unfortified	7.95	15.26	4.25	131.22
0	0.5	2 tablespoon	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.24	6.05	0.17	26.78
<i>Totals for Snack 3</i>				10.85	38.18	5.48	237.57

Totals For 1300 Calories Healthy Aging - Day 07				87.67	179.77	35.90	1370.05
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