



THIS IS YOUR MEAL PLAN AND ONE DAY SAMPLE MENU FOR:

Energy requirement per day:

**1500 kcal**

Carbohydrate, Protein and Fat requirement per day:

**225g Carbohydrate, 56g Protein, 42g Fat**

You can meet this energy/nutrient intake by consuming the following:

Food items	Number of servings per day
Vegetable A	2
Vegetable B	1
Fruit	2
Milk	1
Rice	7
Low Fat Meat	3
Medium Fat Meat	1
Sugar	3
Fat	5

**\*\*One Day Sample Menu**

**Breakfast (Bouled egg, Oatmeal with milk & sugar)**

Boiled egg	1 pc
Oatmeal cooked, thick consistency	1 c
Powdered milk	4 Tbsp
Sugar	1 tsp

**Morning snack (Chicken fillet sandwich, Fruit cocktail)**

Chicken fillet sandwich	
*chicken breasts	30g
* oil (for cooking)	1.5 tsp
*tomato & lettuce	6.25g
*mayonnaise	1 tsp
*Gardenia Classic White Bread	2 slices
Fruit cocktail	3 Tbsp

**\*Disclaimer:**

1. This meal plan and one day sample menu are only applicable for usage of clients without serious illnesses like Diabetes, Hypertension, Heart Problems, Renal problems, etc. For clients with serious illnesses as mentioned, please consult your doctor for your prescribed diet.
2. Measurements and items in the one day sample menu are only rough estimates and its applicability may vary.
3. Before making any changes in your diet, please seek the advice of your medical doctor.



**Lunch (Beef kebab skewers, Watermelon smoothie)**

Lean beef kebab	30g
onion, green & red bell pepper	6.25g
Tomato salsa	
*Tomato minced	6.25g
Gardenia Wheat Cranberry Loaf	2 slices
Watermelon smoothie	
*Watermelon	1 slice
*Sugar	2 tsp

**Afternoon snack (Sweet corn)**

Sweet corn with cheese powder	
*Corn kernels (canned)	20g
*Butter	2 tsp

**Dinner (Boiled rice, Sinigang na Hipon)**

Sinigang na Hipon	
*Shrimp, suwahe	5 pcs
*kangkong, okra, tomato, onion	6.25g
boiled rice	1 c

Prepared by the Gardenia Nutrition & Wellness Team



# **Nutrition & Wellness**

## Food Exchange List

### Vegetables

<b>1 serving</b>	<b>is equivalent to</b>
leafy vegetables	1/2 cup cooked or 1 cup raw vegetable
whole vegetables	1/2 cup cooked or raw vegetable

### Fruit

<b>1 serving</b>	<b>is equivalent to</b>	<b>1 serving</b>	<b>is equivalent to</b>
fruit	1 slice mango, melon, pineapple, papaya or watermelon	fruit	2 Tbsp raisins
	1 pc medium apple, pear, banana or orange		1 cup buko water
	10 pcs grapes		1/4 cup sweetened fruit juice
			1/3 cup unsweetened fruit juice

### Milk

<b>1 serving</b>	<b>is equivalent to</b>	<b>1 serving</b>	<b>is equivalent to</b>
Whole Milk	1/2 cup liquid or 4 level Tbsp powdered milk	Low fat milk	1 tetra brick or 4 level Tbsp powdered milk 1/2 cup
	evaporated milk	Non-fat or skimmed milk	1 tetra brick or 1/2 cup plain fat free yoghurt
	1 bottle (80 ml) probiotic drink		

### Rice, Breads and Substitutes

<b>1 serving</b>	<b>is equivalent to</b>	<b>1 serving</b>	<b>is equivalent to</b>
	1/2 cup boiled rice	Gardenia Health line breads	1 slice Gardenia Classic White Bread
	3 cups lugaw of medium consistency		1 slice Gardenia Classic White bread (thick)
	1 slice puto		1 slice Gardenia High Fiber Whole Wheat Bread
	1 slice (5x5 cm) sponge cake		1 slice Gardenia Slim N' Fit Wheaten Bread
	1/2 cup breakfast cereals		1 pc Gardenia Pan de sal
	1 pc corn, boiled		1 pc Gardenia Whole Wheat Bun
	1 cup cooked noodles		
	1 1/3 cups mashed potato 1 cup		
	oatmeal		
	1 slice biko		
	1 pc palm size cassava cake 1/3 cup plain ice cream		

### Meat and Fish

<b>1 serving</b>	<b>is equivalent to</b>	<b>1 serving</b>	<b>is equivalent to</b>
Low fat meat or fish	30g lean meat with fat well trimmed	Low fat meat or fish	1/2 pc medium size crab 30g thigh,
	breast or leg part		1/3 cup cottage cheese
	1 pc medium size fish		1/3 cup shelled halaaan
	1/3 cup tuna flakes		1 pc tinapa
	3 pcs squid (7x3 cm each) 2 pcs		
	sugpo		
	5 pcs suahe		

\*Note: 30g is one (1) matchbox size

### Meat and Fish

<b>1 serving</b>	<b>is equivalent to</b>	<b>1 serving</b>	<b>is equivalent to</b>
Medium fat meat or fish	1 pc chicken egg	Medium fat meat or fish	60g Soybean cheese (tokwa)
	1 pc chicken wing		100g Soybean cheese (tofu)
	3 Tbsp corned beef		40g Corned beef
	2 Tbsp tuna spread		50g Tuna sardines
	9 pcs quail eggs		55g Ham sausage
	1 slice cheddar cheese		1 pc Sardines canned in oil/tomato sauce

### Meat and Fish

<b>1 serving</b>	<b>is equivalent to</b>	<b>1 serving</b>	<b>is equivalent to</b>
High fat meat or fish	1 slice (3m) cube ham	High fat meat or fish	1 pc balut or penoy
	1 pc hamburger patty		3 slices or salami
	1 1/2 pcs frankfurters		4 pcs Vienna sausages
	1 pc longanisa		2 pcs hotdogs

### Sugar

<b>1 serving</b>	<b>is equivalent to</b>	<b>1 serving</b>	<b>is equivalent to</b>
Sugar	1 tsp white or brown sugar	Sugar	1 pc pastillas
	2 tsp condensed milk		1 pc small yema
	1 pc candy		1 Tbsp catsup
	1 tsp honey		
	1/4 cup taho with sago & syrup		

### Fat

<b>6 serving</b>	<b>is equivalent to</b>	<b>1 serving</b>	<b>is equivalent to</b>
Fat	1 strip bacon	Fat	1 tsp mayonnaise
	1 tsp butter		1 tsp whipped cream
	1 Tbsp cream cheese		1 bite size chocolate
	1 tsp cooking oil		1/2 slice avocado
			1 Tbsp coffee creamer

### Composition of Selected processed Foods

Processed food	Equivalent serving	Processed food	Equivalent serving
6 pcs mamon	1 serving rice and 1/2 serving fat	2 cups salted popcorn	1 serving rice and 1 serving fat
1 slice chocolate cake	1 serving rice and 1 serving fat	2 pcs matchbox size embotido	1 serving high fat meat, 1 serving fat and 1 tsp sugar 1 pc
bicho bicho	1 serving rice and 1 serving fat	240 ml iced tea or powdered juice	3 servings sugar
1 regular French fries	1 serving rice and 1 1/2 servings fat	240ml softdrinks	5 servings sugar 1
slices luncheon meat	1 serving medium fat meat and 1 serving sugar		
1/2 pc "neighborhood-bakery doughnut"	1 serving rice and 2 servings fat 1/2 slice		
egg pie	1 serving rice and 1/2 serving fat		
1/2 cup cornick	1 serving rice and 1 1/2 servings fat		
40g instant noodles	1 serving rice and 1/2 servings fat		
45g potato chips	1 serving rice and 3 servings fat		
40g corn chips	1 serving rice and 2 1/2 serving fat		
4 pcs soda crackers	1 serving rice and 1 1/2 servings fat		

### Reference:

FNRI-DOST, 1994. FOOD EXCHANGE LISTS FOR MEAL PLANNING. 3rd Revision

