

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

Energy requirement per day:

1200 kcal

Carbohydrate, Protein and Fat requirement per day:

180g Carbohydrate, 45g Protein, 33g Fat

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

Food items	Number of servings per day
Vegetable A	1
Vegetable B	1
Fruit	2
Milk	1
Rice	6
Low Fat Meat	2
Medium Fat Meat	2
Sugar	1
Fat	4

^{**}One Day Sample Menu

Breakfast (French toast, Mango-Banana smoothie)

French toast

*Gardenia Classic White Bread	2 slices
*egg	1 pc
*evaporated milk	1/2 c
*butter	1 tsp
*cheddar cheese	1 slice
Mango-Banana smoothie	
*Mango	1 slice
*Banana	1 piece

Morning snack (Taho with syrup & sago)

Taho with syrup and sago 40g

*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 (Garlic pasta with Tuna Flakes)

Garlic pasta with Tuna Flakes

*noodles 1 c
*Tuna in brine 30g
*olive oil (for cooking) 2 tsp

Afternoon snack (Ice cream sandwich)

Ice cream sandwich

*Ice cream 90g
*Gardenia Wheat Raisin Loaf 1 slice

Dinner (Beef with carrots & peas, Boiled rice)

Beef with carrots and peas

 *Beef (ground)
 30g

 *carrots
 20g

 *peas
 7.5g

 *onion, red bell pepper
 25g

 *oil (for cooking)
 1 tsp

 Boiled rice
 1/2 c

Prepared by the Gardenia Nutrition & Wellness Team



Food Exchange List

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Reference:

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