



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

Energy requirement per day:

2800 kcal

Carbohydrate, Protein and Fat requirement per day:

420g Carbohydrate, 105g Protein, 78g Fat

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

Food items	Number of servings per day
Vegetable A	3
Vegetable B	2
Fruit	5
Milk	2
Rice	13
Low Fat Meat	4
Medium Fat Meat	3
Sugar	6
Fat	11

****One Day Sample Menu**

Breakfast (French toast, Mango-Banana smoothie)

French toast

*Gardenia Classic White Bread	4 slices
*egg	1 pc
*evaporated milk	1/2 c
*butter	2 tsp
*cheddar cheese	1 slice

Mango-Banana smoothie

*Mango	1 slice
*Banana	1 piece
*Low fat/ Non fat milk	1 c
*Sugar	2 tsp

***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.





Morning snack (Taho with syrup & sago, Pesto-Cheese sandwich)

Taho with syrup and sago	80g
Pesto-cheese sandwich	
*Pesto in olive oil	1 tsp
*Cream cheese	1 Tbsp
*Gardenia High Fiber Whole Wheat Bread	2 slices

Lunch (Garlic pasta with Tuna Flakes, Guacamole salad, Fruit salad)

Garlic pasta with Tuna Flakes	
*noodles	2 c
*Tuna in brine	60g
*olive oil (for cooking)	3 tsp
Guacamole salad	
*lettuce, tomato,	50g
*avocado	65g
*cheddar cheese	1 slice
*corn	2 Tbsp
Fruit Salad	
*Condensed milk	4 tsp
*Fruit cocktail	6 Tbsp
*All purpose cream	1 Tbsp

Afternoon snack (Ice cream sandwich)

Ice cream sandwich	
*Ice cream	90g
*Banana, lakatan	1 slice
*Gardenia Wheat Raisin Loaf	2 slice





Dinner (Beef with carrots & peas, Boiled rice, Unsweetened pineapple juice)

Beef with carrots and peas	
*Beef (ground)	60g
*carrots	20g
*peas	7.5g
*onion, red bell pepper	25g
*oil (for cooking)	2 tsp
Boiled rice	1c
Unsweetened pineapple juice	80g

Prepared by the Gardenia Nutrition & Wellness Team



Food Exchange List

Vegetables

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

Fruit

<u>1 serving</u>	<u>is equivalent to</u>	<u>1 serving</u>	<u>is equivalent to</u>
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

<u>1 serving</u>	<u>is equivalent to</u>	<u>1 serving</u>	<u>is equivalent to</u>
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

<u>1 serving</u>	<u>is equivalent to</u>	<u>1 serving</u>	<u>is equivalent to</u>
	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

<u>1 serving</u>	<u>is equivalent to</u>	<u>1 serving</u>	<u>is equivalent to</u>
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

<u>1 serving</u>	<u>is equivalent to</u>	<u>1 serving</u>	<u>is equivalent to</u>
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

<u>1 serving</u>	<u>is equivalent to</u>	<u>1 serving</u>	<u>is equivalent to</u>
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

<u>1 serving</u>	<u>is equivalent to</u>	<u>1 serving</u>	<u>is equivalent to</u>
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

<u>1 serving</u>	<u>is equivalent to</u>	<u>1 serving</u>	<u>is equivalent to</u>
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
19 fat	pcs mamon	1 serving rice and 1/2 serving fat	2 cups salted popcorn 1 serving rice and 1 serving
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

