



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

Energy requirement per day:

3300 kcal

Carbohydrate, Protein and Fat requirement per day:

495g Carbohydrate, 124g Protein, 92g Fat

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

Food items	Number of servings per day
Vegetable A	2
Vegetable B	2
Fruit	4
Milk	2
Rice	17
Low Fat Meat	5
Medium Fat Meat	4
Sugar	6
Fat	12

****One Day Sample Menu**

Breakfast (Ripe papaya, Corned beef , steamed asparagus tip, boiled egg, boiled rice, hot coffee)

Ripe papaya	1 slice
Corned beef	80g
*tomato, onion	12.5g
*potato	165g
*oil (for cooking)	2 tsp
asparagus tips, steamed	45g
Boiled egg	1 pc
Boiled rice	2.5c
Coffee	2 tsp
Powdered milk	4 Tbsp
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 (Chicken noodle soup, fried banana fritters)

Chicken noodle soup	
*noodles	150g
*chicken breast	45g
*carrot	22.5g
*cabbage, spring onion	12.5g
*oil (for cooking)	2 tsp
Fried bananas	
*banana, saba	1 pc
*oil (for cooking)	1 tsp
*sugar	2 tsp

Lunch (Grilled squid with vegetable stuffing,boiled rice, Unsweetened pineapple drink)

Grilled squid with vegetable stuffing	
*squid	50g
*tomatoes & onion	12.5g
boiled rice	2.5c rice
Unsweetened pineapple	80g

Afternoon snack (Hot coco jam sandwich, Buko water)

Gardenia Wheat Cranberry Loaf	2 pcs
Coco jam	2 tsp
Buko water	1 c

Dinner (Beef Burrito rolls with garlic mayo dip, glass of milk)

Beef burrito rolls	
*beef, minced	45g
* tomato, cucumber, cabbage	12.5g
*golden sweet corn	20g
*oil (for cooking)	1 tsp
Garlic mayo sauce	
*garlic	10g
*mayonnaise	4 tsp
*cream cheese	1 Tbsp
Gardenia High Fiber Whole Wheat Bread	2 pcs
Low fat/ Non fat milk	1 c

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
	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
	breast or leg part		30g thigh,
	1 pc medium size fish		1/3 cup cottage cheese
	1/3 cup tuna flakes		1/3 cup shelled halaaan
	3 pcs squid (7x3 cm each)		1 pc tinapa
	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>24 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
24	pcs mamon	1 serving rice and 1/2 serving fat	2 cups salted popcorn
1 slice chocolate cake	1 serving rice and 1 serving fat	2 pcs matchbox size embotido	1 serving rice and 1 serving fat
bicho bicho	1 serving rice and 1 serving fat	240 ml iced tea or powdered juice	1 serving high fat meat, 1 serving fat and 1 tsp sugar
1 regular French fries	1 serving rice and 1 1/2 servings fat	240ml softdrinks	3 servings sugar
slices luncheon meat	1 serving medium fat meat and 1 serving sugar		5 servings sugar
1/2 pc "neighborhood-bakery doughnut"	1 serving rice and 2 servings fat		1
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

