



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

Energy requirement per day:

**2100 kcal**

Carbohydrate, Protein and Fat requirement per day:

**315g Carbohydrate, 79g Protein, 58g 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	3
Milk	1
Rice	10
Low Fat Meat	3
Medium Fat Meat	3
Sugar	6
Fat	8

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

**Breakfast (Egg with tomato and lettuce sandwich, Hot tea, Apple)**

Apple	1 pc
Scrambled egg	
*Chicken egg	1 pc
*Tomato, lettuce	25g
*oil (for cooking)	1 tsp
Gardenia Wheat Raisin Loaf	2 slices
Tea	1 tea bag
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 (Peanut butter sandwich and Papaya smoothie)**

Gardenia Classic White Bread	2 slices
Peanut butter	2 tsp
Papaya smoothie	
*Low fat/ Non fat milk	1/2 c
*Papaya	1 slice
*Sugar	3 tsp

**Lunch (Chicken barbeque with steamed vegetables, mashed potato, yema candy)**

Chicken barbeque	
*chicken breast	30g
*oil (for cooking)	1 tsp
Steamed asparagus	45g
Steamed carrots	1/4 c
Boiled rice	1 c
Mashed potato	
*potato	165g
*butter	2 tsp
*evaporated milk	1/4 c
Yema candy	1 pc

**Afternoon Snack (Grilled homemade shawarma wrap)**

Homemade shawarma wrap	
*tomato, cucumber	25g raw
*carrots & turnip, shredded	40g raw
*beef strips	30g
*Mayonnaise (Garlic-mayo dressing)	1 1/2 tsp
*Gardenia Wheat Cranberry Loaf	2 slices





**Dinner (Buttered crab & shrimp, boiled rice)**

Buttered shrimp & crab	
*shrimp (suwahe)	5 pcs
*crab	1/2 pc medium
*butter	1 1/2 tsp
Pineapple, sliced	1 slice
Boiled rice	1 c

Prepared by the Gardenia Nutrition & Wellness Team



# **Nutrition & Wellness**

## 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>1/2 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
12	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

