



1,800 Calorie Sample Menu

The menus in this handout provide about 1,800 calories for adult Filipino men.

Note: 1 Carbohydrate Exchange (Carb Ex.) equals approximately 15 grams of carbohydrate.

Use in Moderation and Smaller Amounts:

- Patis (Fish Sauce)
- Bagoong (Fish Paste)
- Soy Sauce

Day 1

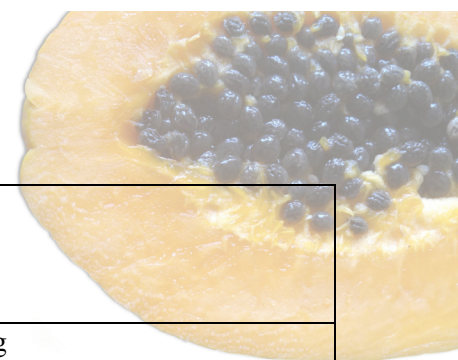
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| Breakfast 3.5 Carb Ex. | 1 small mango 1 cup skim or 1% milk Eggplant Torta: 2 eggs with 1 small eggplant, 1 ounce cheddar cheese, onion, tomatoes 1 teaspoon vegetable oil for frying ½ cup brown rice |
| Lunch 4 Carb Ex. | 1 small star fruit ½ cup brown rice Tinola: green papaya, onion, garlic, ginger, marungay leaves with ¼ teaspoon patis 3 ounces boneless, skinless chicken thighs 1 teaspoon vegetable oil |
| Evening Meal 4 Carb Ex. | 6 ounces sugar-free pudding with skim or 1% milk ½ cup brown rice Pinacbet: long beans, okra, bitter melon, eggplant, tomatoes, ginger, onion ½ cup medium shrimp 1 teaspoon vegetable oil |
| Snack 2 Carb Ex. | 1 cup Halo Halo: ½ cup ice cream, 2 tablespoons evaporated milk, sweet beans preserve, coconut, jackfruit, banana, purple yam |

*Total sodium content for day 1 menu is about 1,400mg sodium.

Day 2

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| Breakfast 4 Carb Ex. | 1 egg 4 inch square waffle with 2 tablespoons syrup 1 cup skim or 1% milk |
| Lunch 4 Carb Ex. | Tossed salad with 2 tablespoons reduced calorie salad dressing 1 cup cantaloupe Pancit: 1 cup pancit noodles, garlic, onion, celery, carrot 3 ounces lean pork |
| Evening Meal 4 Carb Ex. | 1 small mango 1 cup skim or 1% milk Menudo: 3 ounces ground pork, garlic, potatoes, red bell pepper, ¼ teaspoon patis 1 teaspoons vegetable oil ½ cup brown rice |
| Snack 4 Carb Ex. | 1 piece vegetable and pork lumpia Banana Smoothie: 1 small banana with 1 cup skim or 1% milk 1 slice papaya |

*Total sodium content for day 2 menu is about 2,300mg sodium.



Day 3

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| Breakfast 4 Carb Ex. | 1 cup plain oatmeal with 1 cup skim or 1% milk 1 slice whole wheat toast 2 teaspoon margarine 1 tablespoon jam |
| Lunch 3 Carb Ex. | Tossed salad with 2 tablespoons reduced calorie salad dressing ½ cup brown rice Fish Sinigang: 3 ounces Milkfish (Bangus), green onion, lemon juice, ginger, tomato, marungay leaves, with ¼ teaspoon patis |
| Evening Meal 4 Carb Ex. | 1 slice papaya with 1 teaspoon sugar ½ cup brown rice Chicken Adobo: 3 ounces boneless, skinless chicken thighs, vinegar, garlic, bay leaves, with 1 teaspoon soy sauce 1 teaspoon vegetable oil |
| Snack 4 Carb Ex. | ½ cup ube ice cream 1 slice whole wheat toast 1 tablespoon jam 1 cup skim or 1% milk |

*Total sodium content for day 3 menu is about 2,000mg sodium.



Reference:

Risonar MG, Rayco-Solon P, Ribaya-Mercado JD, et al. Physical activity, energy requirements, and adequacy of dietary intakes of older persons in a rural Filipino community. Nutr J 2009;8:19.