

Weekly Menu Planning Tool

Note: Most foods should be lean or low-fat, and prepared without added fats, sugars or salt.



Pg. 1, Week of: _____			M	Tu	W	Th	F
Food Group:	Frequency for 1 meal/weekday:	Serving Size per Meal					
<p>Protein, as follows (Examples of lean meat or poultry: ground beef and pork with 10% fat, poultry products with less skin and fat, 97% fat free ham, 95% fat free turkey ham.) (Notes: Limit breaded protein foods. To limit sodium content, serve processed, smoked, or cured meat or a high-sodium-content protein, such as cold cuts, ham, hot dogs, sausage and canned fish, no more than 1x/wk, and limit canned soups, sauces, gravies and bouillon with sodium. Nuts, seeds and soy are not included here, so the protein from them has been added to the other protein food categories.)</p>	Every meal	2 1/2 oz	See categories and frequencies below	See categories and frequencies below	See categories and frequencies below	See categories and frequencies below	See categories and frequencies below
Seafood, edible cooked wt	1x/wk	2 1/2 oz					
Chicken or Turkey, edible cooked wt	2x/wk	2 1/2 oz					
Pork, edible cooked wt	1x/wk	2 1/2 oz					
Beef or Lamb, edible cooked wt	1x/wk	2 1/2 oz					
Egg, cooked	1x/wk, if desired	1/2 to 1					
<p>Whole Grains (Examples: whole-wheat breads, rolls, pastas; brown rice; whole-grain cereals, crackers; oats; popcorn; quinoa.) and Enriched Grains (Examples: white breads, rolls, pastas; 6-inch enriched tortillas; white rice; enriched grain cereals, crackers; grits; couscous.) (Notes: Use trans-fat free products. To reduce sodium content, limit use of quick breads, such as cornbread, biscuits and muffins, as well as salted crackers.)</p>	Every meal. At least half of grains must be whole grains.	2 oz or 1 cup cooked rice or pasta. Refer to the Nutrition Facts of specific products.					

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Pg. 2, Week of: _____			M	Tu	W	Th	F
Food Group:	Frequency for 1 meal/weekday:	Serving Size per Meal					
Vegetables , as follows (Notes: Includes all cooked and raw fresh, frozen, canned and juice. Most should be prepared with no added salt or fats. To limit sodium content, serve canned vegetables with no more than 480 mg sodium/ serving, or low sodium, reduced sodium, no added salt, or frozen salt free. Also limit pickled or brined vegetables and canned soups, sauces, gravies and bouillon with sodium.)	Every meal	1 cup equivalent	See categories and frequencies below	See categories and frequencies below	See categories and frequencies below	See categories and frequencies below	See categories and frequencies below
Dark green vegs (Examples: broccoli, spinach, romaine and butterhead lettuce, chard, kale, collard greens, bok choy, turnip greens.)	2x/wk	1 cup raw leafy or 1/2 cup raw/cooked					
Red or orange vegs (Examples: tomatoes, carrots, pumpkin, sweet potatoes, red and orange peppers, winter squash such as acorn, butternut and hubbard.)	2x/wk	1/2 cup raw/cooked/ juice					
Cooked dry beans & peas (Examples: pintos, kidney, black, soy, lentils, navy, split peas, chickpeas/garbanzos, black-eyed peas.)	1x/wk	1/2 cup cooked					
Starchy vegs (Examples: corn, white potatoes, green peas, hominy, lima beans, water chestnuts.)	2x/wk	1/2 cup cooked					
Other vegs (Examples: cabbage, head or iceberg lettuce, green beans, cauliflower, celery, onions, asparagus, green peppers, summer squash, avocados, beets, Brussels sprouts, turnips, parsnips, mushrooms, cucumbers, radishes, olives, wax beans, snow peas, okra, eggplant.)	3x/wk	1 cup raw leafy or 1/2 cup raw/cooked					

Note: This pattern provides ~1/3 of daily foods recommended by the 2010 Dietary Guidelines for 2000 calories/day. If nutrient-dense forms of representative foods are used, it provides ~1/3 of most nutrients needed by adults ages 51-70 years, including protein, total fat (~32% of calories, ~8% of calories as saturated fats), carbohydrate (~51% of calories), total dietary fiber, vitamins A, B6, B12, C and K; thiamin, riboflavin, niacin, choline, folate, calcium, iron, magnesium, phosphorus, zinc, copper and selenium, but not choline, potassium and vitamins D and E, per www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/DGAC/Report/AppendixE-3-5-TypicalChoices.pdf Will vary in sodium content.

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Pg. 3, Week of: _____			M	Tu	W	Th	F
Food Group:	Frequency for 1 meal/weekday:	Serving Size per Meal					
<p>Fruit (Examples: oranges, apples, bananas, grapes, melons, peaches, nectarines, pears, kiwi, berries, raisins, apricots, pineapple, cherries, mangoes, plums, mixed.) (Notes: Includes all fresh; canned fruit packed in water, light syrup and 100% juice packed; frozen without added sugars; dried without added sugars; and 100% fruit juice. Use very little fruit as juice.)</p>	Every meal	2/3 cup or 1/3 cup dried					
<p>Dairy (Examples: all milk, including lactose-free/reduced; cheeses; fortified soy beverages; yogurts and frozen yogurts; dairy desserts. Not included: cream, sour cream, cream cheese.) (Notes: Most should be fat-free or 1% low fat and without added sugars. Low-fat, reduced fat and light cheeses and cheeses made from skim or fat free milk are recommended when serving cheese. Cheese should be limited to no more than 3 ounces per week because of high sodium content.)</p>	Every meal	1 cup milk, fortified soy beverage or yogurt; or 1 1/2 oz natural cheese (such as cheddar); or 2 oz processed cheese (such as American)					
<p>Fats and Oils (Lower saturated fat examples: soft margarine, vegetable oils, salad dressings.) (Notes: This category is met when fried food or higher fat dairy, protein and baked goods are part of the meal. Use trans-fat free products.)</p>	Every meal	1 teaspoon margarine or oil; or 1 tablespoon regular salad dressing; or 2 tablespoons low fat salad dressing					
<p style="text-align: center;">Sweets and Added Sugars</p>	Once weekly	1 1/2 tablespoons jam or jelly; or 1/2 cup regular gelatin, pudding, ice cream; or fruit w/ added sugar; or small serving of a dessert					