

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast 2 slices light whole wheat toast 4 teaspoons natural peanut butter 1 peach 8 oz. 1% milk</p> <p>Lunch lettuce, radish, cucumber, celery 1/2 cup carrots 1 cup green pepper, diced 1/4 cup tuna fish, packed in water 2 tablespoons nonfat creamy Italian salad dressing 10 small green olives 4 low-fat whole wheat crackers Water or non-caloric beverage</p> <p>Dinner 3 oz. sirloin steak 1/4 cup onions, cooked 1/4 cup mushrooms, cooked 1 teaspoon canola oil to sauté onions and mushrooms and put on top of steak 1/2 cup cooked spinach 1 medium baked sweet potato, 6 oz. 2 tablespoons sour cream Water or non-caloric beverage</p> <p>Snack 8 oz. skim milk 1 1/4 cups strawberries Blend with ice for a shake.</p>	<p>Breakfast 1/2 cup oatmeal 1/2 cup fruit cocktail, packed in juice 1 cup plain low-fat yogurt mixed with fruit Black coffee or tea with lemon</p> <p>Lunch 2 slices light whole wheat bread 1 oz. turkey ham & 1 oz. low-fat cheese 1/8 avocado, sliced alfalfa sprouts 1 teaspoon mayonnaise 1/2 cup baby carrots 2 tablespoons nonfat dressing for dipping carrots Water or non-caloric beverage</p> <p>Dinner 3 oz. chicken leg, no skin, baked 1 cup whole wheat pasta 4 teaspoons Italian vinaigrette, 2 for marinade for chicken & 2 to toss with pasta (add extra vinegar, lemon juice, or water as necessary) 1 cup broccoli and 1 cup zucchini, steamed and tossed with pasta 8 oz. 1% milk</p> <p>Snack 1 cup cantaloupe cubes</p>	<p>Breakfast 2 whole-grain waffles 3/4 cup blueberries 1 cup plain, low-fat yogurt 2 tablespoons sour cream to mix with yogurt and fruit and scoop on waffles Black coffee or tea with lemon</p> <p>Lunch 2 oz. low-fat ham 1 oz. low-fat cheese 1 teaspoon mayonnaise 2 large lettuce leaves Layer ham and cheese on lettuce leaves, spread with mayonnaise and roll 1 cup string beans, steamed Balsamic vinegar and garlic to marinate string beans the day before Water or non-caloric beverage</p> <p>Dinner 4 ounces of flounder, baked 1 teaspoon olive oil to drizzle over flounder lemon wedges squeezed over fish 1/2 cup onion 1 teaspoon olive oil, to sauté onions and cook with rice 2/3 cup brown rice 1/2 cup spinach Water or non-caloric beverage</p> <p>Snack 8 oz. skim milk 1 peach Blend with ice to make a shake.</p>	<p>Breakfast 2 slices light whole wheat toast 1 teaspoon butter 1/2 cup fruit cocktail canned in juice 8 oz. 1% milk</p> <p>Lunch 6 saltine-type crackers 4 teaspoons natural peanut butter sugar-free jelly 1 cup baby carrots 1 apple 8 oz. 1% milk</p> <p>Dinner 1/3 cup kidney beans 3 oz. ground turkey 1/2 cup onion, chopped 1/2 cup green pepper, diced 2 teaspoons canola oil, to sauté onions, peppers and turkey salsa to mix with above lettuce, cucumber and radish 2 tablespoons nonfat Italian salad dressing (Free) Water or non-caloric beverage</p> <p>Snack 2 slices light rye bread 2 oz. fat-free cheese lettuce and mustard</p>	<p>Breakfast 3-egg-white omelet 1 oz. low-fat cheese 1/4 cup onion, chopped 1/2 tomato, diced 1 teaspoon canola oil, to sauté vegetables 8 oz. 1% milk</p> <p>Lunch 2 slices light whole wheat bread 1/4 cup tuna fish packed in water 1 teaspoon mayonnaise mustard to mix with mayonnaise lettuce 1 tomato, diced 1/2 cucumber, sliced 2 tablespoons nonfat dressing for tomato-cucumber salad Water or non-caloric beverage</p> <p>Dinner 2 oz. chicken, no skin 1/2 cup water chestnuts 1/2 cup pea pods Chinese cabbage and scallions 2 teaspoons peanut oil, to stir fry chicken and vegetables 3/4 cup canned mandarin oranges, add last 3 min. of cooking 1 1/2 soy sauce 2/3 cup brown rice Water or non-caloric beverage</p> <p>Snack 8 animal crackers 8 oz. skim milk 10 grapes</p>	<p>Breakfast 1 cup nonfat light fruit yogurt 3 tablespoons grape nuts 6 almonds, slivered Black coffee or tea with lemon</p> <p>Lunch 1 medium baked potato, 6 oz. 1 cup broccoli, steamed or microwaved 2 cloves garlic 1 teaspoon canola oil, to sauté garlic and toss with broccoli 1 oz. low-fat cheese salsa 1 peach Water or non-caloric beverage</p> <p>Dinner 4 oz. ground sirloin burger bed of lettuce for burger 1 tablespoon ketchup 1 tomato, half sliced for burger and half diced for salad 1 cup sweet red pepper lettuce, cucumber, radish, and celery 4 teaspoons creamy Italian salad dressing 1 corn on the cob Water or non-caloric beverage</p> <p>Snack 1/2 banana 8 oz. skim milk Blend with ice to make a shake.</p>	<p>Breakfast 1 1/2 cups plain wheat flakes cereal 1/2 banana 8 oz. 1% milk</p> <p>Lunch Lettuce and cucumber for chef salad 1 oz. turkey 1 oz. low-fat cheese 1/2 cup carrots, sliced 1 tomato, diced 2 tablespoons low-fat ranch salad dressing 10 small green olives Water or non-caloric beverage</p> <p>Dinner 3 oz. center loin pork chop, grilled 1/2 cup mashed potato, made with no fat 1/2 cup corn 1 tablespoon low-fat margarine, for potatoes and corn 1/2 cup unsweetened applesauce 1/2 cup beets 1 cup cauliflower Water or non-caloric beverage</p> <p>Snack 1 cup nonfat, light fruit yogurt</p>

Tips: You can try light fruited yogurt instead of plain, nonfat yogurt. These yogurts are fat-free and sweetened with aspartame. They have 100 calories per cup. You can add a sugar substitute when making the shake for a snack. Nonfat, low-fat and regular salad dressings are used in the menus depending on the amount of other fats in the meals. The portion sizes vary depending on the kind of dressing used. If you are lactose intolerant try nonfat or 99% fat-free lactaid milk. One-percent fat milk is also acceptable. If you choose not to use milk or yogurt, talk to your doctor about calcium supplements. You can substitute a serving of food from the Grain, Starch & Sugar Group or the Fruit Group for a serving of milk or yogurt.



Pharmaceuticals

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast</p> <p>4 4-inch frozen pancakes 1 teaspoon butter 2 tablespoons sugar-free pancake syrup 3/4 cup blueberries 8 oz. 1% milk</p> <p>Lunch</p> <p>2 slices whole wheat light bread 4 teaspoons natural peanut butter sugar-free jelly 1/2 cup baby carrots 8 oz. 1% milk</p> <p>Dinner</p> <p>3 oz. chicken leg, no skin, cubed 2 scallions 1 teaspoon olive oil, to sauté scallions and chicken 1/2 cup canned pineapple in own juices, add to chicken after searing 1/2 cup water chestnuts, add to chicken after searing 6 almonds, slivered, to top chicken 1 cup snow peas Water or non-caloric beverage</p> <p>Snack</p> <p>6 saltine-type crackers 2 ounces fat-free cheese</p>	<p>Breakfast</p> <p>2 slices light whole wheat toast 1 teaspoon butter sugar-free jelly 1/4 cup 2% cottage cheese 1/2 cup canned pineapple in own juice, to mix with cottage cheese 8 oz. 1% milk</p> <p>Lunch</p> <p>1/2 6-inch whole wheat pita bread 2 oz. chicken, leg, no skin, diced 1 tablespoon light mayonnaise 1 scallion and 1 tablespoon celery, diced, to mix with chicken and mayonnaise 1/2 zucchini, sliced in spears 2 tablespoons nonfat creamy Italian salad dressing, to dip zucchini 1 1/4 cups watermelon, cubed Water or non-caloric beverage</p> <p>Dinner</p> <p>2 oz. salmon, cubed 1/2 cup onions, sliced 1 teaspoon olive oil, to sauté onion and salmon 1/3 cup tomato sauce, add to salmon after initial searing 10 small green olives, add with tomato sauce 1 cup spaghetti 1 cup cauliflower Water or non-caloric beverage</p> <p>Snack</p> <p>1 cup nonfat, fruited light yogurt</p>	<p>Breakfast</p> <p>1 1/2 cups puffed rice cereal 1/2 banana 1 tablespoon sunflower seeds 8 oz. 1% milk</p> <p>Lunch</p> <p>1 whole tomato, inside scooped out 1/2 cup tuna fish packed in water 1 teaspoon mayonnaise 1 teaspoon mustard 1 scallion and 1 tablespoon celery, diced, to mix with tuna fish and mayonnaise and scoop inside tomato 1 green pepper, sliced in spears 2 tablespoons nonfat ranch dressing, to dip peppers 8 oz. 1% milk</p> <p>Dinner</p> <p>3 oz. sirloin steak 1 cup mashed potato, no fat added 1 cup frozen vegetable mix of broccoli, cauliflower and carrots 2 teaspoons butter, for potatoes and vegetables Water or non-caloric beverage</p> <p>Snack</p> <p>1/3 cup nonfat frozen yogurt 1 1/4 cups strawberries, sliced</p>	<p>Breakfast</p> <p>2 slices light whole wheat bread for French toast 1 egg 4 oz. 1% milk to mix with egg and dip bread, 4 oz. 1% milk to drink cooking spray 1/2 tablespoon light margarine 2 tablespoons sugar-free syrup</p> <p>Lunch</p> <p>2 slices whole wheat light bread 1 oz. turkey 1 oz. low-fat cheese 1 teaspoon mayonnaise 1/2 banana Water or non-caloric beverage</p> <p>Dinner</p> <p>2 oz. veal, loin, sliced in strips 1 cup green pepper diced 1/2 cup onion 2 teaspoons canola oil to sauté peppers, veal and onion 2/3 cup brown rice 1 cup spinach, cooked Water or non-caloric beverage</p> <p>Snack</p> <p>1 cup raspberries 8 oz. skim milk</p>	<p>Breakfast</p> <p>1 sunny-side up egg cooking spray 2 slices light whole wheat bread 1/2 tablespoon light margarine 1 orange 8 oz. 1% milk</p> <p>Lunch</p> <p>lettuce, cucumber and radish 1 cup sweet pepper, sliced 1/4 cup 2% cottage cheese 1/4 cup tuna fish, packed in water 1/8 avocado, sliced alfalfa sprouts 1 tablespoon low-fat ranch dressing Water or non-caloric beverage</p> <p>Dinner</p> <p>1 cup whole wheat pasta 2/3 cup tomato sauce 2 oz. ground sirloin, browned 2 cloves of garlic 1 teaspoon olive oil to sauté garlic and meat for meat sauce 1 cup cauliflower Water or non-caloric beverage</p> <p>Snack</p> <p>8 animal crackers 8 oz. skim milk 1/2 banana</p>	<p>Breakfast</p> <p>1/2 cup oatmeal 6 almonds, slivered 2 tablespoons raisins 8 oz. 1% milk</p> <p>Lunch</p> <p>1 English muffin toasted 1/3 cup tomato sauce, spread over 2 sides of muffin 2 oz. light mozzarella, spread over 2 sides of muffin 1/2 cup broccoli, steamed, topping each mini-pizza 2 cloves garlic 1 teaspoon olive oil, to sauté broccoli Water or non-caloric beverage</p> <p>Dinner</p> <p>3 oz. lamb, loin, broiled 1/2 cup mashed potato, no fat added 1 cup mashed turnip, no fat added 1/2 cup cooked carrots 2 teaspoons butter, for potato and vegetables Water or non-caloric beverage</p> <p>Snack</p> <p>8 oz. skim milk 1 peach Blend with ice to make a shake.</p>	<p>Breakfast</p> <p>2 slices light whole wheat bread 4 teaspoons natural peanut butter 1/2 banana, sliced over peanut butter 8 oz. 1% milk</p> <p>Lunch</p> <p>1/2 6-inch whole wheat pita 2 eggs, hard boiled for egg salad 1 tablespoon fat-free mayonnaise 1 scallion, chopped for egg salad 1/2 cup string beans, steamed or microwaved 12 cherries Water or non-caloric beverage</p> <p>Dinner</p> <p>4 oz. shrimp 2 cloves garlic 2 teaspoons olive oil, to sauté garlic and shrimp 1 cup crushed tomatoes, add to garlic and shrimp for marinara sauce 1 cup cauliflower, steamed 1 cup linguini Water or non-caloric beverage</p> <p>Snack</p> <p>1 cup nonfat, fruited light yogurt</p>

Tips: The menus listed above give the basic ingredients for the meals. You will need to add herbs and spices to suit your taste buds. You can also add chicken or beef broth to add flavor when cooking. Low-sodium varieties are recommended. In addition, you can add more non-starchy vegetables from the Vegetable List, but not more of the fat that they may be cooked with. These vegetables have very little calories, and are stuffed with vitamins, minerals and fiber. Be very careful when selecting beverages. In addition to the milk shown in the menus, you should drink 8 cups of water a day. All other drinks should be calorie-free!

You can choose to use the menus below in a few different ways. You can simply follow this program as is to ensure that your daily caloric intake does not exceed 1400 Calories, with about 30% Calories from fat. Or you may prefer to create your own program by using these menus – based on the Bull’s-Eye Food Guide and Swap Lists – as a model. By learning to draw from the Swap Lists, you can create *new menus every day* for a lifetime of healthy eating.

Next to each food item in the menus you will see a notation. The bracketed letter

indicates the food group. The color of the letter represents the level that the food represents. Keep in mind that combination foods belong to two groups. Foods in the green inner circle are the healthiest. Foods in the yellow middle section provide many vitamins and minerals, but have less fiber and more sugar, sodium and/or unhealthy fats. Foods in the red section provide few vitamins and minerals, but lots of calories, sugar, sodium and/or unhealthy fats. Free foods contain few calories; you do not need to count them as anything. Add these foods

to the menus to help satisfy your hunger and add flavor. Remember that servings refer to cooked amounts.

The Food Group code:
S = Grain, Starch & Sugar Group
V = Vegetable Group
Fr = Fruit Group
P = Protein Group
M = Milk & Yogurt Group
Fa = Fat Group

Sunday	Monday	Tuesday	Wednesday
<p>Breakfast</p> <p>2 slices light whole wheat toast (1S) 4 teaspoons natural peanut butter (1P, 1Fa) ½ banana (1Fr) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>½ cup oatmeal (1S) ½ cup fruit cocktail in juice (1Fr) 1 cup plain, low-fat yogurt mixed with fruit (1M) Black coffee or tea with lemon (Free)</p>	<p>Breakfast</p> <p>2 whole grain low-fat waffles (2S) ¾ cup blueberries (1Fr) 1 cup plain, low-fat yogurt (1M) 2 tablespoons sour cream to mix with yogurt and fruit, and scoop on waffles (1Fa) Black coffee or tea with lemon (Free)</p>	<p>Breakfast</p> <p>1 slice light whole wheat toast (½S) 1 teaspoon butter (1Fa) ¼ cup 2% cottage cheese (1P) 1 cup fruit cocktail canned in juice (2Fr) 8 oz. 1% milk (1M)</p>
<p>Lunch</p> <p>lettuce, radish, cucumber, celery (Free) ½ cup carrots (1V) 1 cup green pepper, diced (1V) ½ cup tuna fish packed in water (2P) 2 tablespoons nonfat ranch salad dressing (Free) 10 small green olives (1Fa) 6 low-fat whole wheat crackers (1S) 1 peach (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>2 slices light whole wheat bread (1S) 2 oz. turkey ham & 1 oz. low-fat cheese (3P) ½ avocado, sliced (1Fa) alfalfa sprouts (Free) 1 teaspoon mayonnaise (1Fa) ½ cup baby carrots (1V) 2 tablespoons nonfat dressing for dipping carrots (Free) 1 apple (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>3 oz. low-fat ham (3P) 1 oz. low-fat cheese (1P) 1 teaspoon mayonnaise (1Fa) 2 large lettuce leaves (Free) Layer ham and cheese on lettuce leaves, spread with mayonnaise and roll 1 cup string beans, steamed (2V) Balsamic vinegar and garlic to marinade string beans the day before (Free) 10 grapes (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>6 saltine-type crackers (1S) 4 teaspoons natural peanut butter (1P, 1Fa) sugar-free jelly (Free) 1 cup baby carrots (2V) 1 apple (1Fr) 8 oz. 1% milk (1M)</p>
<p>Dinner</p> <p>5 oz. sirloin steak (5P) ¼ cup onions, cooked (½V) ¼ cup mushrooms, cooked (½V) 1 teaspoon canola oil to sauté onions and mushrooms and put on top of steak (1Fa) ½ cup cooked spinach (1V) 1 medium baked sweet potato, 6 oz. (2S) 2 tablespoons sour cream (1Fa) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>4 oz. chicken leg, no skin, baked (4P) 1 cup whole wheat pasta (2S) 4 tablespoons low-fat vinaigrette, 2 for marinade for chicken & 2 to toss with pasta (add extra vinegar, lemon juice or water as necessary) (2Fa) 1 cup broccoli and 1 cup zucchini, steamed and tossed with pasta (3V) 8 oz. 1% milk (1M)</p>	<p>Dinner</p> <p>8 oz. flounder, baked (4P) 1 teaspoon olive oil to drizzle over flounder (1Fa) lemon wedges squeezed over fish (Free) ½ cup onion (1V) 1 teaspoon olive oil, to sauté onions and cook with rice (1Fa) ¾ cup brown rice (2S) ½ cup spinach (1V) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>¾ cup kidney beans (1P, 1S) 4 oz. ground turkey (4P) ½ cup onion, chopped (1V) 1 cup green pepper, diced (1V) 2 teaspoons canola oil, to sauté onions, peppers and turkey (2Fa) salsa to mix with above (Free) ½ cup brown rice (2S) lettuce, cucumber, radish and celery (Free) 2 tablespoons nonfat creamy dressing (Free) Water or non-caloric beverage (Free)</p>
<p>Snack</p> <p>8 oz. skim milk (1M) 1½ cups strawberries (1Fr) Blend with ice for a shake.</p>	<p>Snack</p> <p>1 cup cantaloupe melon, cubed (1Fr) ½ cup 1% cottage cheese (1P)</p>	<p>Snack</p> <p>8 oz. skim milk (1M) 1 peach (1Fr) Blend with ice for a shake.</p>	<p>Snack</p> <p>1 slice light rye bread (1S) 2 oz. fat-free cheese (1P) lettuce and mustard (Free)</p>

Tips:

You can try light fruited yogurt instead of plain, nonfat yogurt. These yogurts are fat-free and sweetened with Aspartame. They have 100 calories per cup. You can add a sugar substitute

when making the shake for a snack. Nonfat, low-fat and regular salad dressings are used in the menus depending on the amount of other fats in the meals. The portion sizes vary depending on

the kind of dressing used. Note the free foods used in the menus. You can add these foods to the menus according to your taste and hunger.

To create new menus simply swap a food item on a menu for another food item in the same food group. You need to swap one serving of one item for one serving of the other item. For example, for dinner on Friday, you can swap the 2 tablespoons of low-fat creamy salad dressing (2 fats from the red section) for 2 teaspoons olive oil

and balsamic vinegar (2 fats from the green section and a freebie). The menus are designed to ease you into the green center of the Bull's-Eye Food Guide. Therefore, you will notice that there are a number of menu items from the red section of the target. As you learn more about the Bull's-Eye Food Guide, you can

try to select more foods from the green section. For example, you can try whole wheat pasta instead of regular pasta. Try substituting plain nonfat yogurt with fresh fruit for sweetened fruit yogurt, and olive oil and vinegar for salad instead of commercial dressings.

Thursday	Friday	Saturday
<p>Breakfast</p> <p>3 egg-white omelet (1P) 1 oz. low-fat cheese (1P) 1 oz. low-fat ham (1P) ¼ cup onion, chopped (1/2V) ½ tomato, diced (1/2V) 1 teaspoon canola oil, to sauté vegetables (1Fa) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>1 cup nonfat light fruit yogurt (1M) ½ cup canned fruit cocktail, in juice (1Fr) 3 tablespoons grapenuts (1S) 6 almonds, sliced (1Fa) Black coffee or tea with lemon (Free)</p>	<p>Breakfast</p> <p>1½ cups plain wheat flakes cereal (2S) 1 apple (1Fr) 4 teaspoons natural peanut butter, to spread on apple (1P, 1Fa) 8 oz. 1% milk (1M)</p>
<p>Lunch</p> <p>2 slices light whole wheat bread (1S) ½ cup tuna fish packed in water (2P) 1 teaspoon mayonnaise (1Fa) mustard to mix with mayonnaise (Free) lettuce (Free) 1 tomato, diced (1V) ½ cucumber sliced (Free) 2 tablespoons nonfat dressing, for tomato-cucumber salad (Free) 1 orange (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>1 medium baked potato, 6 oz. (2S) 1 cup broccoli, steamed or microwaved (2V) 2 cloves garlic (Free) 1 teaspoon canola oil, to sauté garlic and toss with broccoli (1Fa) 2 oz. low-fat cheese (2P) salsa (Free) ½ mango (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>Lettuce and cucumber for chef salad (Free) 1 oz. low-fat ham (1P) 1 oz. turkey (1P) 1 oz. low-fat cheese (1P) ½ cup carrots, sliced (1V) 1 tomato, diced (1V) 1 tablespoon low-fat ranch salad dressing (1Fa) 10 small green olives (1Fa) Water or non-caloric beverage (Free)</p>
<p>Dinner</p> <p>3 oz. chicken, no skin (3P) ½ cup water chestnuts (1V) ½ cup pea pods (1V) Chinese cabbage and scallions (Free) 2 teaspoons peanut oil, to stir fry chicken and vegetables (2Fa) ¾ cup canned mandarin oranges, add the last 3 min. of cooking (1Fr) lite soy sauce (Free) ¾ cup brown rice (2S) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>6 oz. ground sirloin burger (6P) bed of lettuce for burger (Free) 1 tablespoon ketchup (Free) 1 tomato, ½ sliced for burger and ½ diced for salad (1V) 1 cup sweet red pepper (1V) lettuce, cucumber, radish and celery (Free) 2 tablespoons low-fat creamy Italian salad dressing (2Fa) 1 corn on the cob (1S) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>4 oz. center loin pork chop, grilled (4P) ½ cup mashed potato, made with no fat (1S) ½ cup corn (1S) 1 tablespoon low-fat margarine, for potatoes and corn (1Fa) ½ cup applesauce, unsweetened (1Fr) ½ cup beets (1V) 1 cup cauliflower (1V) Water or non-caloric beverage (Free)</p>
<p>Snack</p> <p>8 animal crackers (1S) 8 oz. skim milk (1M) 10 grapes (1Fr)</p>	<p>Snack</p> <p>½ banana (1Fr) 8 oz. skim milk (1M) Blend with ice to make a shake.</p>	<p>Snack</p> <p>1 cup nonfat, light fruit yogurt (1M) ½ mango (1Fr)</p>

Tips:

If you are lactose intolerant try nonfat or 99% fat-free lactaid milk. If you choose not to use milk or yogurt, talk to your doctor

about calcium supplements. You can substitute a serving of food from the Grain, Starch & Sugar Group or the Fruit Group

for a serving of milk or yogurt.



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<p>Breakfast</p> <p>4 4-inch low-fat frozen pancakes (2S) 1 teaspoon butter (1Fa) 2 tablespoons sugar-free pancake syrup (Free) ¾ cup blueberries (1Fr) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>2 slices light whole wheat toast (1S) 1 teaspoon butter (1Fa) sugar-free jelly (Free) ½ cup 2% cottage cheese (2P) ½ cup canned pineapple in own juice, to mix with cottage cheese (1Fr) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>1½ cups puffed rice cereal (1S) 2 tablespoons raisins (1Fr) ½ banana (1Fr) 1 tablespoon sunflower seeds (1Fa) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>2 slices light whole wheat bread for French toast (1S) 1 egg (1P, ½ Fa) 4 oz. 1% milk to mix with egg and dip bread (½ M) cooking spray (Free) ½ tablespoon light margarine (½ Fa) 2 tablespoons sugar-free syrup (Free) 4 oz. 1% milk to drink (½ M)</p>
<p>Lunch</p> <p>2 slices whole wheat light bread (1S) 4 teaspoons natural peanut butter (1P, 1Fa) sugar-free jelly (Free) ½ cup baby carrots (1V) ½ banana (1Fr) 8 oz. 1% milk (1M)</p>	<p>Lunch</p> <p>½ 6-inch whole wheat pita (1S) 2 oz. chicken leg, skinless, diced (2P) 1 tablespoon light mayonnaise (1Fa) 1 scallion and 1 tablespoon celery, diced, to mix with chicken and mayonnaise (Free) ½ zucchini, sliced in spears (1V) 2 tablespoons nonfat creamy Italian salad dressing, to dip zucchini (Free) 1½ cups watermelon, cubed (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>1 whole tomato, inside scooped out (1V) ½ cup tuna fish packed in water (2P) 1 teaspoon mayonnaise (1Fa) 1 teaspoon mustard (Free) 1 scallion and 1 tablespoon celery, diced, to mix with tuna fish, mayonnaise and mustard. Scoop inside tomato (Free) 1 green pepper, sliced in spears (1V) 2 tablespoons nonfat ranch dressing, to dip peppers (Free) 8 oz. 1% milk (1M)</p>	<p>Lunch</p> <p>2 slices whole wheat light bread (1S) 2 oz. turkey (2P) 1 oz. low-fat cheese (1P) 1 teaspoon mayonnaise (1Fa) 1 banana (2Fr) Water or non-caloric beverage (Free)</p>
<p>Dinner</p> <p>6 oz. chicken leg, skinless, cubed (6P) 2 scallions (Free) 1 teaspoon olive oil, to sauté scallions and chicken (1Fa) ½ cup canned pineapple in own juices, add to chicken after searing (1Fr) ½ cup water chestnuts, add to chicken after searing (1V) 6 almonds, slivered, to top chicken (1Fa) 1 cup snow peas (2V) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>4 oz. salmon, cubed (4P) ½ cup onions, sliced (1V) 1 teaspoon olive oil, to sauté onion and salmon (1Fa) ¾ cup tomato sauce, dilute with ½ cup water. Add to salmon last few minutes of cooking (1V) 10 small green olives, add with tomato sauce (1Fa) 1 cup spaghetti (2S) 1 cup cauliflower (1V) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>6 oz. sirloin steak (6P) 1 cup mashed potato, no fat added (2S) 1 cup frozen vegetable mix, broccoli, cauliflower, carrots (2V) 2 teaspoons butter, for potatoes and vegetables (2Fa) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>4 oz. veal, loin, sliced in strips (4P) 1 cup green pepper diced (1V) ½ cup onion (1V) 2 teaspoons canola oil to sauté peppers, veal and onion (2Fa) ¾ cup brown rice (2S) 1 cup spinach, cooked (2V) Water or non-caloric beverage (Free)</p>
<p>Snack</p> <p>6 saltine-type crackers (1S) 2 oz. fat-free cheese (1P)</p>	<p>Snack</p> <p>1 cup nonfat, fruited light yogurt (1M) ½ cup fruit cocktail, canned in fruit juice (1Fr)</p>	<p>Snack</p> <p>½ cup nonfat frozen yogurt (1S) 1½ cups strawberries, sliced (1Fr)</p>	<p>Snack</p> <p>1 cup raspberries (1Fr) 8 oz. skim milk (1M) Blend with ice to make shake</p>

Sunday	Monday	Tuesday	Wednesday
Breakfast 4 4-inch low-fat frozen pancakes (2S) 1 teaspoon butter (1Fa) 2 tablespoons sugar-free pancake syrup (Free) ¾ cup blueberries (1Fr) 8 oz. 1% milk (1M)	Breakfast 2 slices whole wheat toast (2S) 1 teaspoon butter (1Fa) sugar-free jelly (Free) ½ cup 2% cottage cheese (2P) ½ cup canned pineapple in own juice, to mix with cottage cheese (1Fr) 8 oz. 1% milk (1M)	Breakfast 1½ cups puffed rice cereal (1S) 2 tablespoons raisins (1Fr) ½ banana (1Fr) 1 tablespoon sunflower seeds (1Fa) 8 oz. 1% milk (1M)	Breakfast 2 slices whole wheat bread for French toast (2S) 1 egg (1P, 1/2Fa) 4 oz. 1% milk to mix with egg and dip bread (1/2M) cooking spray (Free) ½ tablespoon light margarine (1/2Fa) 2 tablespoons sugar-free syrup (Free) 4 oz. 1% milk to drink (1/2M)
Lunch 2 slices whole wheat light bread (1S) 4 teaspoons natural peanut butter (1P, 1Fa) sugar-free jelly (Free) ½ cup baby carrots (1V) ½ banana (1Fr) 8 oz. 1% milk (1M)	Lunch ½ 6-inch whole wheat pita bread (1S) 3 oz. chicken, skinless, diced (3P) 1 tablespoon light mayonnaise (1Fa) 1 scallion and 1 tablespoon celery, diced, to mix with chicken and mayonnaise (Free) ½ zucchini, sliced in spears (1V) 2 tablespoons nonfat creamy Italian salad dressing, to dip zucchini (Free) 1¼ cups watermelon, cubed (1Fr) Water or non-caloric beverage (Free)	Lunch 1 whole tomato, inside scooped out (1V) ¾ cup tuna fish packed in water (3P) 1 teaspoon mayonnaise (1Fa) 1 teaspoon mustard (Free) 1 scallion and 1 tablespoon celery, diced, to mix with tuna fish, mayonnaise and mustard. Scoop inside tomato (Free) 1 green pepper, sliced in spears (1V) 2 tablespoons nonfat ranch dressing, to dip peppers (Free) 6 saltine-type crackers (1S) 8 oz. 1% milk (1M)	Lunch 2 slices whole wheat bread (2S) 2 oz. turkey ham (2P) 1 oz. low-fat cheese (1P) 1 teaspoon mayonnaise (1Fa) 1 banana (2Fr) Water or non-caloric beverage (Free)
Dinner 7 oz. chicken leg, skinless, cubed (7P) 2 scallions (Free) 1 teaspoon olive oil, to sauté scallions and chicken (1Fa) ½ cup canned pineapple in own juices, add to chicken after searing (1Fr) ½ cup water chestnuts, add to chicken after searing (1V) 6 almonds, slivered, to top chicken (1Fa) 1 cup snow peas (1V) ¾ cup brown rice (2S) Water or non-caloric beverage (Free)	Dinner 4 oz. salmon, cubed (4P) ½ cup onions, sliced (1V) 1 teaspoon olive oil, to sauté onion and salmon (1Fa) ½ cup tomato sauce, dilute with ¼ cup water. Add to salmon last few minutes of cooking (1V) 10 small green olives, add with tomato sauce (1Fa) 1½ cups spaghetti (3S) 1 cup cauliflower (1V) Water or non-caloric beverage (Free)	Dinner 6 oz. sirloin steak (6P) 1 cup mashed potato, no fat added (2S) 1 cup frozen vegetable mix, broccoli, cauliflower, carrots (2V) 2 teaspoons butter, for potatoes and vegetables (2Fa) Water or non-caloric beverage (Free)	Dinner 5 oz. veal, sliced in strips (5P) 1 cup green pepper diced (1V) ½ cup onion (1V) 2 teaspoons canola oil to sauté peppers, veal and onion (2Fa) ¾ cup brown rice (2S) ½ cup broccoli (1V) ½ cup carrots (1V) Water or non-caloric beverage (Free)
Snack 6 saltine-type crackers (1S) 2 oz. fat-free cheese (1P)	Snack 1 cup nonfat, plain yogurt (1M) ½ cup fruit cocktail, canned in fruit juice (1Fr)	Snack ¾ cup nonfat frozen yogurt (2S) 1¼ cups strawberries, sliced (1Fr)	Snack 1 pear (1Fr) 8 oz. skim milk (1M)

You can choose to use the menus below in a few different ways. You can simply follow this program as is to ensure that your daily caloric intake does not exceed 1800 Calories, with about 30% Calories from fat. Or you may prefer to create your own program by using these menus - based on the Bull's-Eye Food Guide and Swap Lists - as a model. By learning to draw from the Swap Lists, you can create *new menus every day* for a lifetime of healthy eating.

Next to each food item in the menus you will see a notation. The bracketed

letter indicates the food group. The color of the letter represents the level that the food represents. Keep in mind that combination foods belong to two groups. Foods in the green inner circle are the healthiest. Foods in the yellow middle section provide many vitamins and minerals, but have less fiber and more sugar, sodium and/or unhealthy fats. Foods in the red section provide few vitamins and minerals, but lots of calories, sugar, sodium and/or unhealthy fats. Free foods contain few calories; you do not need to count them as anything. Add these foods to the menus to

help satisfy your hunger and add flavor. Remember that pasta and rice servings refer to cooked amounts.

The Food Group code:

S = Grain, Starch & Sugar Group

V = Vegetable Group

Fr = Fruit Group

P = Protein Group

M = Milk & Yogurt Group

Fa = Fat Group

Sunday	Monday	Tuesday	Wednesday
Breakfast 2 slices whole wheat toast (2S) 4 teaspoons natural peanut butter (1P, 1Fa) 1 banana (2Fr) 8 oz. 1% milk (1M)	Breakfast 1 cup oatmeal (2S) 1 cup fruit cocktail in juice (2Fr) 1 cup plain, low-fat yogurt mixed with fruit (1M) Black coffee or tea with lemon (Free)	Breakfast 2 whole grain low-fat waffles (2S) ¾ cup blueberries (1Fr) 1 cup plain, low-fat yogurt (1M) 2 tablespoons sour cream to mix with yogurt and fruit, and scoop on waffles (1Fa) Black coffee or tea with lemon (Free)	Breakfast 2 slices whole wheat toast (2S) 1 teaspoon butter (1Fa) ½ cup 2% cottage cheese (2P) 1 cup fruit cocktail canned in juice (2Fr) 8 oz. 1% milk (1M)
Lunch lettuce, radish and cucumber (Free) ½ cup carrots (1V) 1 cup green pepper, diced (1V) ¾ cup tuna fish packed in water (3P) 1 tablespoon low-fat ranch salad dressing (1Fa) 10 small green olives (1Fa) 12 saltine-type crackers (2S) 1 peach (1Fr) Water or non-caloric beverage (Free)	Lunch 2 slices whole wheat bread (2S) 2 oz. turkey ham & 1 oz. low-fat cheese (3P) ¼ avocado, sliced (2Fa) alfalfa sprouts (Free) 1 teaspoon mayonnaise (1Fa) ½ cup baby carrots (1V) 2 tablespoons nonfat dressing for dipping carrots (Free) 1 apple (1Fr) Water or non-caloric beverage (Free)	Lunch 3 oz. low-fat ham (3P) 2 oz. low-fat cheese (2P) 2 teaspoons mayonnaise (2Fa) 2 large lettuce leaves (Free) 2 6-inch tortillas (2S) Layer ham, cheese and lettuce leaves on tortillas, spread with mayonnaise and roll 1 cup string beans, steamed (2V) Balsamic vinegar and garlic to marinate string beans the day before (Free) 2 kiwis (2Fr) Water or non-caloric beverage (Free)	Lunch 6 saltine-type crackers (1S) 4 teaspoons natural peanut butter (1P, 1Fa) sugar-free jelly (Free) 1 cup asparagus, cooked and chilled (2V) 1 apple (1Fr) 8 oz. 1% milk (1M)
Dinner 5 oz. sirloin steak (5P) ¼ cup onions, cooked (1/2V) ¼ cup mushrooms, cooked (1/2V) 1 teaspoon canola oil to sauté onions and mushrooms and put on top of steak (1Fa) ½ cup cooked spinach (1V) 1 large baked sweet potato, 9 oz. (3S) 2 tablespoons sour cream (1Fa) Water or non-caloric beverage (Free)	Dinner 5 oz. chicken leg, no skin, baked (5P) 1½ cups whole wheat pasta (3S) 4 tablespoons low-fat vinaigrette, 2 for marinade for chicken & 2 to toss with pasta (add extra vinegar, lemon juice or water as necessary) (2Fa) 1 cup broccoli and 1 cup zucchini, steamed and tossed with pasta (3V) 8 oz. 1% milk (1M)	Dinner 8 oz. flounder, baked (4P) 1 teaspoon olive oil to drizzle over flounder (1Fa) lemon wedges squeezed over fish (Free) ½ cup onion (1V) 1 teaspoon olive oil, to sauté onions and cook with rice (1Fa) 1 cup brown rice (3S) ½ cup spinach (1V) Water or non-caloric beverage (Free)	Dinner ¾ cup kidney beans (1P, 1S) 4 oz. ground turkey (4P) ½ cup onion, chopped (1V) 1 cup green pepper, diced (1V) 2 teaspoons canola oil, to sauté onions, peppers and turkey (2Fa) salsa to mix with above (Free) ¾ cup brown rice (2S) lettuce, cucumber and radish (Free) 1 tablespoon low-fat creamy dressing (1Fa) Water or non-caloric beverage (Free)
Snack 8 oz. skim milk (1M) 1½ cups strawberries (1Fr) Blend with ice for a shake.	Snack 1 cup cantaloupe melon, cubed (1Fr) ½ cup 1% cottage cheese (1P)	Snack 8 oz. skim milk (1M) 1 peach (1Fr) Blend with ice for a shake.	Snack 2 slices light rye bread (1S) 2 oz. fat-free cheese (1P) lettuce and mustard (Free) 1 orange (1Fr)

Tips:

You can try light fruited yogurt instead of plain, nonfat yogurt. These yogurts are fat-free and sweetened with Aspartame. They have 100 calo-

ries per cup. You can add a sugar substitute when making the shake for a snack. Nonfat, low-fat and regular salad dressings are used in the menus depending on the amount of other fats in the

meals. The portion sizes vary depending on the kind of dressing used. Note the free foods used in the menus. You can add these foods to the menus according to your taste and hunger.

To create new menus simply swap a food item on a menu for another food item in the same food group Swap List. You need to swap one serving of one item for one serving of the other item. For example, for dinner on Friday, you can swap the 2 tablespoons of low-fat creamy salad dressing (2 fats from the red section) for

2 teaspoons olive oil and balsamic vinegar (2 fats from the green section and a freebie). The menus are designed to ease you into the green center of the Bull's-Eye Food Guide. Therefore, you will notice that there are a number of menu items from the red section of the target. As you learn more about the Bull's-Eye Food Guide, you

can try to select more foods from the green section. For example, you can try whole wheat pasta instead of regular pasta. Try substituting plain nonfat yogurt with fresh fruit for sweetened fruit yogurt, and olive oil and vinegar for salad instead of commercial dressings.

Thursday	Friday	Saturday
<p>Breakfast</p> <p>3 egg-white omelet (1P) 1 oz. low-fat cheese (1P) 1 oz. low-fat ham (1P) ¼ cup onion, chopped (1/2V) ½ tomato, diced (1/2V) 1 teaspoon canola oil, to sauté vegetables (1Fa) 2 slices whole wheat toast (2S) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>1 cup low-fat, plain yogurt (1M) ½ cup canned fruit cocktail, in juice (1Fr) 3 tablespoons grapenuts (1S) 6 almonds, slivered (1Fa) Black coffee or tea with lemon (Free)</p>	<p>Breakfast</p> <p>1½ cups plain wheat flakes cereal (2S) 1 apple (1Fr) 4 teaspoons natural peanut butter, to spread on apple (1P, 1Fa) 8 oz. 1% milk (1M)</p>
<p>Lunch</p> <p>2 slices light whole wheat bread (1S) ½ cup tuna fish packed in water (2P) 1 teaspoon mayonnaise (1Fa) mustard to mix with mayonnaise (Free) lettuce (Free) 1 tomato, diced (1V) ½ cucumber sliced (Free) 2 tablespoons nonfat dressing, for tomato-cucumber salad (Free) 12 cherries (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>1 medium baked potato, 6 oz. (2S) 1 cup broccoli, steamed or microwaved (2V) 2 cloves garlic (Free) 1 teaspoon canola oil, to sauté garlic and toss with broccoli (1Fa) 3 oz. low-fat cheese to melt on potato and broccoli (3P) salsa (Free) 1 peach (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>Lettuce and cucumber for chef salad (Free) 1 oz. low-fat ham (1P) 1 oz. turkey (1P) 1 oz. low-fat cheese (1P) 1 cup zucchini, sliced (1V) 1 tomato, diced (1V) 1 tablespoon low-fat ranch salad dressing (1Fa) 10 small green olives (1Fa) 2 4-inch bread sticks (1S) Water or non-caloric beverage (Free)</p>
<p>Dinner</p> <p>4 oz. chicken, no skin (4P) ½ cup water chestnuts (1V) ½ cup pea pods (1V) Chinese cabbage and scallions (Free) 2 teaspoons peanut oil, to stir fry chicken and vegetables (2Fa) ¾ cup canned mandarin oranges, add the last 3 min. of cooking (1Fr) lite soy sauce (Free) ¾ cup brown rice (2S) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>6 oz. ground sirloin burger (6P) 1 hamburger bun (2S) lettuce, for burger (Free) 1 tablespoon ketchup (Free) 1 tomato, ½ sliced for burger and ½ diced for salad (1V) ½ cup asparagus (1V) lettuce, cucumber and radish (Free) 2 tablespoons low-fat creamy Italian salad dressing (2Fa) 1 corn on the cob (1S) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>5 oz. center loin pork chop, grilled (5P) 1 cup mashed potato, made with no fat (2S) ½ cup corn (1S) 1 tablespoon low-fat margarine, for potatoes and corn (1Fa) ½ cup unsweetened applesauce (1Fr) ½ cup beets (1V) 1 cup cauliflower (1V) Water or non-caloric beverage (Free)</p>
<p>Snack</p> <p>8 animal crackers (1S) 8 oz. skim milk (1M) 10 grapes (1Fr)</p>	<p>Snack</p> <p>½ banana (1Fr) 8 oz. skim milk (1M) Blend with ice to make a shake.</p>	<p>Snack</p> <p>1 cup nonfat, light fruit yogurt (1M) ½ mango (1Fr)</p>

Tips:

If you are lactose intolerant try nonfat or 99% fat-free lactaid milk. If you choose not to use milk or yogurt, talk to your doctor

about calcium supplements. You can substitute a serving of food from the Grain,

Starch & Sugar Group or the Fruit Group for a serving of milk or yogurt.



Pharmaceuticals

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You can choose to use the menus below in a few different ways. You can simply follow this program as is to ensure that your daily caloric intake does not exceed 1600 Calories, with about 30% Calories from fat. Or you may prefer to create your own program by using these menus – based on the Bull’s-Eye Food Guide and Swap Lists – as a model. By learning to draw from the Swap Lists, you can create *new menus every day* for a lifetime of healthy eating.

Next to each food item in the menu you will see a notation. The bracketed

letter indicates the food group. The color of the letter represents the level that the food represents. Keep in mind that combination foods belong to two groups. Foods in the green inner circle are the healthiest. Foods in the yellow middle section provide many vitamins and minerals, but have less fiber and more sugar, sodium and/or unhealthy fats. Foods in the red section provide few vitamins and minerals, but lots of calories, sugar, sodium and/or unhealthy fats. Free foods contain few calories; you do not need to count them as anything. Add these foods to the menus to

help satisfy your hunger and add flavor. Remember that servings refer to cooked amounts.

The Food Group code:

- S** = Grain, Starch & Sugar Group
- V** = Vegetable Group
- Fr** = Fruit Group
- P** = Protein Group
- M** = Milk & Yogurt Group
- Fa** = Fat Group

Sunday	Monday	Tuesday	Wednesday
<p>Breakfast</p> <p>2 slices whole wheat toast (2S) 4 teaspoons natural peanut butter (1P, 1Fa) ½ banana (1Fr) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>1 cup oatmeal (2S) ½ cup fruit cocktail in juice (1Fr) 1 cup plain, low-fat yogurt mixed with fruit (1M) Black coffee or tea with lemon (Free)</p>	<p>Breakfast</p> <p>2 whole grain low-fat waffles (2S) ¼ cup blueberries (1Fr) 1 cup plain, low-fat yogurt (1M) 2 tablespoons sour cream to mix with yogurt and fruit, and scoop on waffles (1Fa) Black coffee or tea with lemon (Free)</p>	<p>Breakfast</p> <p>2 slices light whole wheat toast (1S) 1 teaspoon butter (1Fa) ½ cup 2% cottage cheese (2P) 1 cup fruit cocktail canned in juice (2Fr) 8 oz. 1% milk (1M)</p>
<p>Lunch</p> <p>lettuce, radish and cucumber (Free) ½ cup carrots (1V) 1 cup green pepper, diced (1V) ¾ cup tuna fish packed in water (3P) 2 tablespoons nonfat ranch salad dressing (Free) 10 small green olives (1Fa) 12 saltine-type crackers (2S) 1 peach (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>2 slices whole wheat bread (2S) 2 oz. turkey-ham & 1 oz. low-fat cheese (3P) ½ avocado, sliced (1Fa) alfalfa sprouts (Free) 1 teaspoon mayonnaise (1Fa) ½ cup baby carrots (1V) 2 tablespoons nonfat dressing for dipping carrots (Free) 1 apple (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>3 oz. low-fat ham (3P) 2 oz. low-fat cheese (2P) 1 teaspoon mayonnaise (1Fa) 2 large lettuce leaves (Free) 2 6-inch tortillas (2S) Layer ham, cheese and lettuce leaves on tortillas, spread with mayonnaise and roll 1 cup string beans, steamed (2V) Balsamic vinegar and garlic to marinade string beans the day before (Free) 1 kiwi (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>6 saltine-type crackers (1S) 4 teaspoons natural peanut butter (1P, 1Fa) sugar-free jelly (Free) ½ cup baby carrots (1V) ½ cup asparagus, cooked and chilled (1V) 1 apple (1Fr) 8 oz. 1% milk (1M)</p>
<p>Dinner</p> <p>5 oz. sirloin steak (5P) ¼ cup onions, cooked (1/2V) ¼ cup mushrooms, cooked (1/2V) 1 teaspoon canola oil to sauté onions and mushrooms and put on top of steak (1Fa) ½ cup cooked spinach (1V) 1 medium baked sweet potato, 6 oz. (2S) 2 tablespoons sour cream (1Fa) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>5 oz. chicken leg, no skin, baked (5P) 1 cup whole wheat pasta (2S) 4 tablespoons low-fat vinaigrette, 2 for marinade for chicken & 2 to toss with pasta (add extra vinegar, lemon juice or water as necessary) (2Fa) 1 cup broccoli and 1 cup zucchini, steamed and tossed with pasta (3V) 8 oz. 1% milk (1M)</p>	<p>Dinner</p> <p>8 oz. flounder, baked (4P) 1 teaspoon olive oil to drizzle over flounder (1Fa) lemon wedges squeezed over fish (Free) ½ cup onion (1V) 1 teaspoon olive oil, to sauté onions and cook with rice (1Fa) ¾ cup brown rice (2S) ½ cup spinach (1V) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>¾ cup kidney beans (1P, 1S) 4 oz. ground turkey (4P) ¼ cup onion, chopped (1V) 1 cup green pepper, diced (1V) 2 teaspoons canola oil, to sauté onions, peppers and turkey (2Fa) salsa to mix with above (Free) ¾ cup brown rice (2S) lettuce, cucumber, radish and celery (Free) 2 tablespoons nonfat creamy dressing (Free) Water or non-caloric beverage (Free)</p>
<p>Snack</p> <p>8 oz. skim milk (1M) 1 ½ cups strawberries (1Fr) Blend with ice for a shake.</p>	<p>Snack</p> <p>1 cup cantaloupe melon (1Fr) ¼ cup 1% cottage cheese (1P)</p>	<p>Snack</p> <p>8 oz. skim milk (1M) 1 peach (1Fr) Blend with ice for a shake.</p>	<p>Snack</p> <p>2 slices light rye bread (1S) 2 oz. fat-free cheese (1P) lettuce and mustard (Free)</p>

Tips:

You can try light fruited yogurt instead of plain, nonfat yogurt. These yogurts are fat-free and sweetened with Aspartame. They have 100 calo-

ries per cup. You can add a sugar substitute when making the shake for a snack. Nonfat, low-fat and regular salad dressings are used in the menus depending on the amount of other fats in the

meals. The portion sizes vary depending on the kind of dressing used. Note the free foods used in the menus. You can add these foods to the menus according to your taste and hunger.

To create new menus simply swap a food item on a menu for another food item in the same food group. You need to swap one serving of one item for one serving of the other item. For example, for dinner on Friday, you can swap the 2 tablespoons of low-fat creamy salad dressing (2 fats from the red section) for

2 teaspoons olive oil and balsamic vinegar (2 fats from the green section and a freebie). The menus are designed to ease you into the green center of the Bull's-Eye Food Guide. Therefore, you will notice that there are a number of menu items from the red section of the target. As you learn more about the Bull's-Eye Food Guide, you

can try to select more foods from the green section. For example, you can try whole wheat pasta instead of regular pasta. Try substituting plain nonfat yogurt with fresh fruit for sweetened fruit yogurt, and olive oil and vinegar for salad instead of commercial dressings.

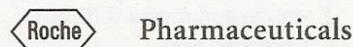
Thursday	Friday	Saturday
Breakfast 3 egg-white omelet (1P) 1 oz. low-fat cheese (1P) 1 oz. low-fat ham (1P) ¼ cup onion, chopped (1/2 V) ½ tomato, diced (1/2 V) 1 teaspoon canola oil, to sauté vegetables (1Fa) 2 slices whole wheat toast (2S) 8 oz. 1% milk (1M)	Breakfast 1 cup low-fat, plain yogurt (1M) 1 cup canned fruit cocktail, in juice (2Fr) 6 tablespoons grapenuts (2S) 6 almonds, slivered (1Fa) Black coffee or tea with lemon (Free)	Breakfast 1½ cups plain wheat flakes cereal (2S) 1 apple (1Fr) 4 teaspoons natural peanut butter, to spread on apple (1P, 1Fa) 8 oz. 1% milk (1M)
Lunch 2 slices light whole wheat bread (1S) ½ cup tuna fish packed in water (2P) 1 teaspoon mayonnaise (1Fa) mustard to mix with mayonnaise (Free) lettuce (Free) 1 tomato, diced (1V) ½ cucumber sliced (Free) 1 tablespoon creamy low-fat dressing, for tomato-cucumber salad (1Fa) 1 orange (1Fr) Water or non-caloric beverage (Free)	Lunch 1 medium baked potato, 6 oz. (2S) 1 cup broccoli, steamed or microwaved (2V) 2 cloves garlic (Free) 2 teaspoons canola oil, to sauté garlic and toss with broccoli (2Fa) 3 oz. low-fat cheese to melt on potato and broccoli (3P) salsa (Free) 1 peach (1Fr) Water or non-caloric beverage (Free)	Lunch Lettuce and cucumber for chef salad (Free) 1 oz. low-fat ham (1P) 1 oz. turkey (1P) 1 oz. low-fat cheese (1P) 1 cup zucchini, sliced (1V) 1 tomato, diced (1V) 1 tablespoon low-fat ranch salad dressing (1Fa) 10 small green olives (1Fa) 4 4-inch bread sticks (2S) 1 kiwi (1Fr) Water or non-caloric beverage (Free)
Dinner 4 oz. chicken, no skin (4P) ½ cup water chestnuts (1V) ½ cup pea pods (1V) Chinese cabbage and scallions (Free) 2 teaspoons peanut oil, to stir fry chicken and vegetables (2Fa) ¾ cup canned mandarin oranges, add the last 3 min. of cooking (1Fr) lite soy sauce (Free) 1 cup brown rice (3S) Water or non-caloric beverage (Free)	Dinner 6 oz. ground sirloin burger (6P) 1 hamburger bun (2S) lettuce, for burger (Free) 1 tablespoon ketchup (Free) 1 tomato, ½ sliced for burger and ½ diced for salad (1V) ½ cup asparagus (1V) lettuce, cucumber and radish (Free) 2 tablespoons low-fat creamy salad dressing (2 Fa) 1 corn on the cob (1S) Water or non-caloric beverage (Free)	Dinner 5 oz. center loin pork chop, grilled (6P) 1 cup mashed potato, made with no fat (2S) ½ cup corn (1S) 2 tablespoons low-fat margarine, for potatoes and corn (2Fa) ½ cup applesauce, unsweetened (1Fr) ½ cup beets (1V) 1 cup cauliflower (1V) Water or non-caloric beverage (Free)
Snack 8 animal crackers (1S) 8 oz. skim milk (1M) 20 grapes (2Fr)	Snack ½ banana (1Fr) 8 oz. skim milk (1M) Blend with ice to make a shake.	Snack 1 cup nonfat, light fruit yogurt (1M) ½ mango (1Fr)

Tips:

If you are lactose intolerant try nonfat or 99% fat-free lactaid milk. One-percent-fat milk is also acceptable. If you choose not

to use milk or yogurt, talk to your doctor about calcium supplements. You can substitute a serving of food from the Grain,

Starch & Sugar Group or the Fruit Group for a serving of milk or yogurt.



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Sunday	Monday	Tuesday	Wednesday
<p>Breakfast</p> <p>4 4-inch low-fat frozen pancakes (2S) 1 teaspoon butter (1Fa) 2 tablespoons sugar-free pancake syrup (Free) ¼ cup blueberries (1Fr) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>2 slices whole wheat toast (2S) 1 teaspoon butter (1Fa) sugar-free jelly (Free) ½ cup 2% cottage cheese (2P) 1 cup canned pineapple in own juice, to mix with cottage cheese (2Fr) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>1½ cups puffed rice cereal (1S) 2 tablespoons raisins (1Fr) 1 banana (2Fr) 1 tablespoon sunflower seeds (1Fa) 6 almonds, slivered (1Fa) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>2 slices whole wheat bread for French toast (2S) 1 egg (1P, 1/2Fa) 4 oz. 1% milk to mix with egg and dip bread (1/2M) cooking spray (Free) ½ tablespoon light margarine (1/2Fa) 2 tablespoons sugar-free syrup (Free) 4 oz. 1% milk to drink (1/2M)</p>
<p>Lunch</p> <p>2 slices whole wheat bread (2S) 4 teaspoons natural peanut butter (1P, 1Fa) sugar-free jelly (Free) ½ cup baby carrots (1V) 1 banana (2Fr) 8 oz. 1% milk (1M)</p>	<p>Lunch</p> <p>½ 6-inch whole wheat pita bread (1S) 3 oz. chicken, skinless, diced (3P) 1 teaspoon mayonnaise (1Fa) 1 scallion and 1 tablespoon celery, diced, to mix with chicken and mayonnaise (Free) 1 cup zucchini, sliced in spears (1V) 1 tablespoon low-fat creamy Italian salad dressing, to dip zucchini (1Fa) 1½ cups watermelon, cubed (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>1 whole tomato, inside scooped out (1V) ¾ cup tuna fish packed in water (3P) 1 teaspoon mayonnaise (1Fa) 1 teaspoon mustard (Free) 1 scallion and 1 tablespoon celery, diced, to mix with tuna fish, mustard and mayonnaise Scoop inside tomato (Free) 1 green pepper, sliced in spears (1V) 2 tablespoons nonfat ranch dressing, to dip peppers (Free) 12 saltine-type crackers (2S) 8 oz. 1% milk (1M)</p>	<p>Lunch</p> <p>2 slices whole wheat bread (2S) 3 oz. roast beef (3P) 1 oz. low-fat cheese (1P) 2 teaspoons mayonnaise (2Fa) 1 banana (2Fr) Water or non-caloric beverage (Free)</p>
<p>Dinner</p> <p>7 oz. chicken, skinless, cubed (7P) 2 scallions (Free) 2 teaspoons olive oil, to sauté scallions and chicken (2Fa) ½ cup canned pineapple in own juices, add to chicken after searing (1Fr) ½ cup water chestnuts, add to chicken after searing (1V) 6 almonds, slivered, to top chicken (1Fa) 1 cup snow peas (2V) ¾ cup brown rice (2S) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>4 oz. salmon, cubed (4P) ½ cup onions, sliced (1V) 1 teaspoon olive oil, to sauté onion and salmon (1Fa) ½ cup tomato sauce, dilute with ½ cup water. Add to salmon last few minutes of cooking (1V) 10 small green olives, add with tomato sauce (1Fa) 1½ cups spaghetti (3S) 1 cup cauliflower (1V) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>6 oz. sirloin steak (6P) 1 cup mashed potato, no fat added (2S) 1 cup frozen vegetable mix, broccoli, cauliflower, carrots (2V) 2 teaspoons butter, for potatoes and vegetables (2Fa) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>4 oz. veal, sliced in strips (4P) 1 cup green pepper diced (1V) ½ cup onion (1V) 2 teaspoons canola oil to sauté peppers, veal and onion (2Fa) 1 cup brown rice (3S) 1 cup broccoli (2V) 1 apple (1Fr) Water or non-caloric beverage (Free)</p>
<p>Snack</p> <p>6 saltine-type crackers (1S) 2 oz. fat-free cheese (1P)</p>	<p>Snack</p> <p>1 cup nonfat, light fruit yogurt (1M) ½ cup fruit cocktail, canned in fruit juice (1Fr) 2 fat-free oatmeal cookies (1S)</p>	<p>Snack</p> <p>¾ cup nonfat frozen yogurt (2S) 1½ cups strawberries, sliced (1Fr)</p>	<p>Snack</p> <p>1 cup raspberries (1Fr) 8 oz. skim milk (1M) Blend with ice to make shake</p>

Thursday	Friday	Saturday
<p>Breakfast</p> <p>1 sunny-side up egg (1P, 1/2 Fa) cooking spray (Free) 2 slices whole wheat bread (2S) ½ tablespoon light margarine (1/2 Fa) 1 orange (1Fr) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>1 cup oatmeal (2S) 6 almonds, slivered (1Fa) 1 tablespoon sunflower seeds (1Fa) 2 tablespoons raisins (1Fr) 8 oz. 1% milk (1M)</p>	<p>Breakfast</p> <p>2 slices whole wheat bread (2S) 4 teaspoons natural peanut butter (1P, 1Fa) 1 banana, sliced over peanut butter (2Fr) 8 oz. 1% milk (1M)</p>
<p>Lunch</p> <p>Lettuce, cucumber, radish, celery (Free) ½ cup carrots, sliced (1V) ½ cup 2% cottage cheese (2P) ½ cup tuna fish, packed in water (2P) ¼ avocado, sliced (1Fa) alfalfa sprouts (Free) 1 tablespoon low-fat ranch dressing (1Fa) 2 4-inch bread sticks (1S) ½ grapefruit (1Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>1 English muffin toasted (2S) ½ cup tomato sauce, spread over 2 sides of muffin (1V) 3 oz. light mozzarella, spread over 2 sides of muffin (3P) ½ cup broccoli, steamed, topping mini-pizzas (1V) 2 cloves garlic (Free) 1 teaspoon olive oil, to sauté garlic and toss with broccoli (1Fa) 24 cherries (2 Fr) Water or non-caloric beverage (Free)</p>	<p>Lunch</p> <p>½ 6-inch whole wheat pita (1S) 2 eggs, hard boiled for egg salad (2P, 1Fa) 1 tablespoon low-fat mayonnaise (1Fa) 1 scallion, chopped for egg salad (Free) ½ cup string beans, steamed or microwaved (1V) 2 tangerines (1Fr) 8 oz. 1% milk (1M)</p>
<p>Dinner</p> <p>1½ cups whole wheat pasta (3S) ¾ cup tomato sauce (2V) 4 oz. ground sirloin, browned (4P) 2 cloves garlic (Free) 2 teaspoons olive oil to sauté garlic and meat for meat sauce (2Fa) 1 cup cauliflower (1V) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>6 oz. lamb, loin, broiled (6P) 1½ cups mashed potato, no fat added (3S) 1 cup mashed turnip, no fat added (1V) ½ cup cooked carrots (1V) 2 teaspoons butter, for potato and vegetables (2Fa) Water or non-caloric beverage (Free)</p>	<p>Dinner</p> <p>8 oz. shrimp (4P) 2 cloves garlic (Free) 2 teaspoons olive oil, to sauté garlic and shrimp (2Fa) 1 cup canned crushed tomatoes, add to garlic and shrimp for marinara sauce (2V) 2 tablespoons grated parmesan cheese (1P) 1 cup cauliflower, steamed (1V) 1½ cups linguini (3S) Water or non-caloric beverage (Free)</p>
<p>Snack</p> <p>8 animal crackers (1S) 8 oz. skim milk (1M) 1 banana (2Fr)</p>	<p>Snack</p> <p>8 oz. skim milk (1M) 1 peach (1Fr) Blend with ice to make a shake.</p>	<p>Snack</p> <p>¼ cup 1% cottage cheese (1P) ½ cup canned fruit cocktail in juice (1Fr) 2 fat-free oatmeal cookies (1S)</p>

Tips:

The menus listed above give the basic ingredients for the meals. You will need to add herbs and spices to suit your taste buds. You can also add chicken or beef broth to add flavor when cooking. Low-sodium varieties are recommended. In

addition you can add more non-starchy vegetables such as broccoli, cauliflower, cabbage, sweet peppers, tomatoes and turnips, but not more of the fat that may be used for cooking. These vegetables have very little calories, and are stuffed

with vitamins, minerals and fiber. Be very careful when selecting beverages. In addition to the milk shown in the menus, you should drink 8 cups of water a day. All other drinks should be calorie-free!



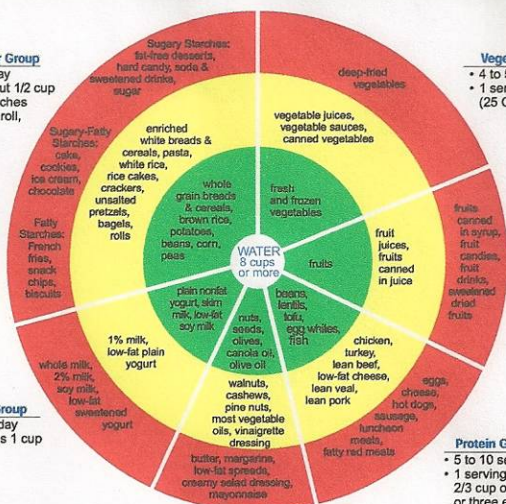
Pharmaceuticals

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American Fare - The Bull's-Eye Food Guide®

Grain, Starch & Sugar Group

- 4 to 8 servings per day
- 1 serving equals about 1/2 cup cooked grains or starches (pasta, oatmeal), 1/2 roll, 1 slice of bread, 3/4 cup of dry cereal (80 Calories)



Vegetable Group

- 4 to 5 servings per day
- 1 serving equals about 1/2 cup (25 Calories)

Fruit Group

- 2 to 4 servings per day
- 1 serving equals about 3/4 cup cut-up fruit, 1/2 cup fruit juice, or 1 small to medium piece (60 Calories)

Color Key

- Green** - "Go Foods" - the healthiest foods from each food group that you can eat often everyday
- Yellow** - "OK Foods" - healthy foods that you can eat everyday
- Red** - "Stop and Think Foods" - foods that you can eat after you stop and consider how many other foods you have eaten from the red section that day.

Milk & Yogurt Group

- 2 servings per day
- 1 serving equals 1 cup (90 Calories)

Fat Group

- 4 to 5 servings per day
- 1 serving equals about 1 teaspoon (45 Calories)

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Swap List

Inner Circle

Grain, Starch & Sugar Group

Whole grain cereal, unsweetened	3/4 cup
Cooked cereal	1/2 cup
Brown rice	1/3 cup
Whole wheat pasta	1/2 cup
Beans, peas, lentils, lima beans	1/3 cup
Corn and sweet peas	1/2 cup
Whole wheat bread	1 slice
Whole wheat bread, light	2 slices
White potato	1 small (3 oz.)
Mashed potato, no fat	1/2 cup
Sweet potato	1/2 cup (3 oz.)

Vegetable Group

All non-starchy vegetables	1/2 cup
----------------------------	---------

Fruit

Cut up fruit	3/4 cup
Piece of fruit	1 small to medium piece
Dried fruit	2 Tbsp.-1/4 cup

Protein

Beans, lentils, split peas	2/3 cup	1 pro	1 sta
Tofu	3 oz.	1 pro	
Natural peanut butter	4 tsp.	1 pro	1 fat
Fish, white	2 oz.	1 pro	
Fish, fatty (salmon)	1 oz.	1 pro	
Tuna fish	1/4 cup	1 pro	
Egg white	3	1 pro	
Egg substitute	1/4 cup	1 pro	

Milk & Yogurt

Skim milk	1 cup
Yogurt, nonfat plain or "light"	1 cup
Dry nonfat milk	1/3 cup
Low-fat, low-sugar soy milk	1 cup

Fat

Olive, canola, peanut oil	1 tsp.
Olives, green	10
Natural peanut butter	2 tsp.
Nuts	1 Tbsp.
Seeds (Pumpkin, Sunflower, Flax)	1 Tbsp.

Middle Circle

Grain, Starch & Sugar Group

Ready-to-eat cereal, unsweetened	3/4 cup
Pasta	1/2 cup
White rice	1/3 cup
White bread	1 slice
White bread, light	2 slices
Tortilla, 6-inch diameter	1 item
English muffin, roll, or bun	1/2 item
Saltine-type crackers	6
Rice cakes	2
Frozen bagel	1/2 item
Fresh bagel	1/4 item

Vegetable Group

Vegetable juice	1/2 cup
Tomato sauce	1/3 cup

Fruit

Fruit juice	1/2 cup
Fruit cocktail, in water or juice	1/2 cup
Canned fruit, in water or juice	1/2 cup

Protein

Lean beef (eye round, sirloin)	1 oz.
Lean veal (most cuts)	1 oz.
Lean pork (tenderloin, center loin)	1 oz.
Chicken/turkey no skin	1 oz.
Low-fat cheese	1 oz.
Fat-free cheese	2 oz.
Low-fat cottage cheese	1/4 cup
Low-fat luncheon meat, 95-98% lean	1 oz.
Grated parmesan cheese	2 Tbsp.

Milk & Yogurt

1% milk	1 cup
Low-fat plain yogurt	1 cup
Soy milk (less than 18 grams sugar and less than 3 grams fat)	1 cup

Fat

Salad dressing, vinaigrette	1 Tbsp.
Diet salad dressing, vinaigrette	2 Tbsp.
Most vegetable oils	1 Tsp.

Outer Circle

Grain, Starch & Sugar Group

Sugar	5 tsp.	1 starch
Sweetened cereal	1/2 cup	1 starch
Soda, iced tea	12 oz.	2 starch
Low-fat cookies	2	1 starch
Frozen yogurt	1/3 cup	1 starch
Cookies	2	1 starch 1 fat
Cake, no icing	1/12 cake	2 starch 2 fat
Ice cream	1/2 cup	1 starch 2 fat
Chocolate	1 oz.	1 starch 1-1/2 fat
French fries	10	1 starch 1 fat
Snack chips	1 oz.	1 starch 1 fat

Vegetable Group

Deep-fried Vegetables	variable	variable
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Fruit

Fruit punch	1/2 cup
Fruit canned, in syrup	1/3 cup

Protein

Egg	1	1 pro.	1/2 fat
Beef, chuck	1 oz.	1 pro.	1/2 fat
Lamb, pork, other cuts	1 oz.	1 pro.	1/2 fat
Chicken/turkey with skin	1 oz.	1 pro.	1 fat
Ribs, sausage	1 oz.	1 pro.	2 fat
Luncheon meat	1 oz.	1 pro.	2 fat
Hot dog	1 oz.	1 pro.	2 fat
Regular cheese	1 oz.	1 pro.	2 fat

Milk & Yogurt

Milk 2%	1 cup	1 milk,	1 fat
Whole milk	1 cup	1 milk	1-1/2 fat
Low-fat fruit yogurt	1 cup	1 milk	1 fruit, 1 sta.
Whole soy milk	1 cup	1 milk	1 fat

Fat

Margarine, mayo	1 tsp.
Diet margarine/mayo	1 Tbsp.
Butter	1 tsp.
Cream cheese	1 Tbsp.
Sour cream	2 Tbsp.

American Fare

The Bull's-Eye Food Guide is a system of organizing food according to its nutrient content. It is based on two readily recognizable concepts - a target and a stoplight. It recognizes that some foods are healthier than other foods, but that all foods can be included in a healthy diet.

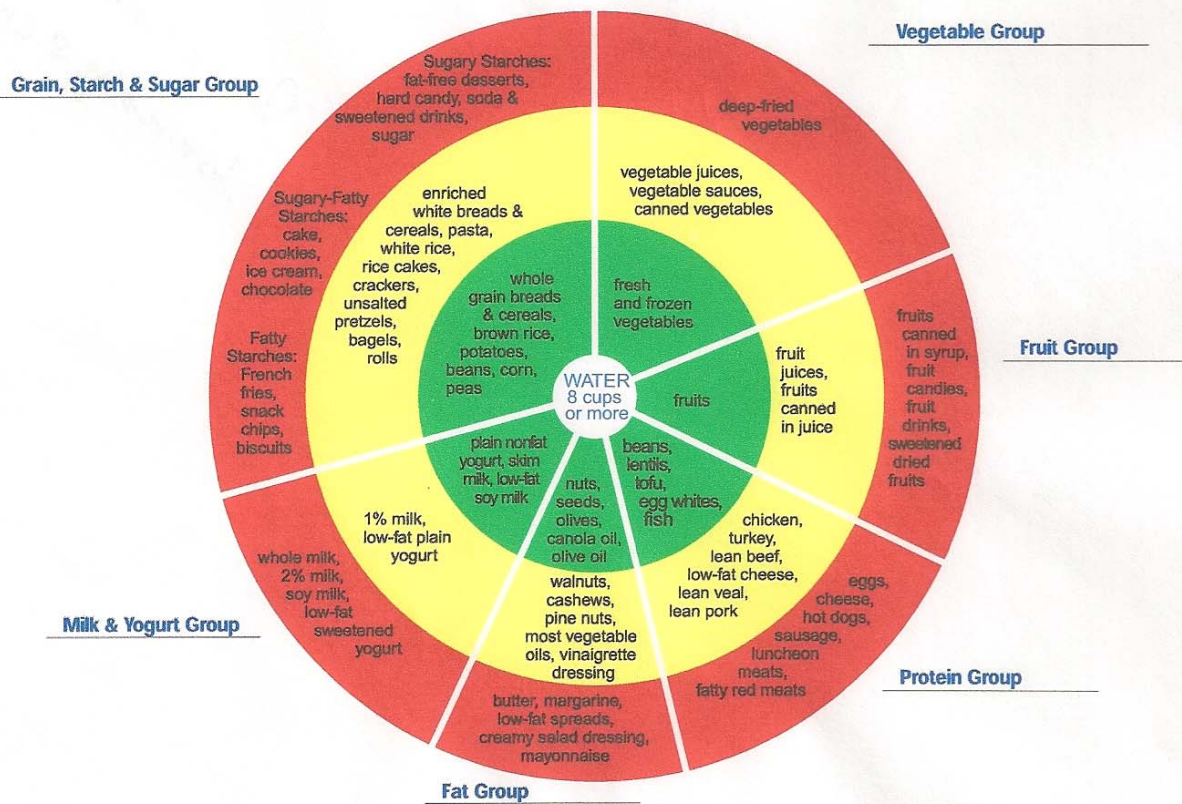
The Food Guide places foods into six groups based on their overall nutritional value:

- Grain, Starch & Sugar
- Vegetable
- Fruit
- Protein
- Milk & Yogurt
- Fat

Each of six food groups is represented by the pie-shaped segment. The size of the segment is roughly proportional to the amount of food from that group that should be eaten on a daily basis. Within each of the six food groups there are three colored subgroups:

- Green** - "Go Foods" - contain all of the essential nutrients
- Yellow** - "OK Foods" - contain some of the essential nutrients
- Red** - "Stop and Think Foods" - contain minimal essential nutrients

Foods within the bull's-eye are most desirable and the least desirable foods are placed furthest away from the bull's-eye. Water is placed in the center of the Bull's-Eye Food Guide to encourage consumption of a minimum of 8 cups a day.



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Color Key

Green
"Go Foods"
the healthiest foods from each food group that you can eat often everyday.

Yellow
"OK Foods"
healthy foods that you can eat everyday.

Red
"Stop and Think Foods"
foods that you can eat after you stop and consider how many other foods you have eaten from the red section that day.