

Nashua Nutrition

VEGETARIAN MEAL PLAN 1500 Calories

Meal	Item	Serving Option A	Serving Option B	Serving Option C
Breakfast <i>(approx. 390 calories)</i>	NV Breakfast Cereal (Old Fashioned Oatmeal or Crisp and Crunchy Cereal w/ milk)	0	1	0
	Group 1 or 2 Protein	1	1	1
	8 oz Skim Milk or Yogurt	1	1	1
	Starch	1	0	1
	Fruit	1	1	1
A.M. Snack <i>(approx. 80 calories)</i>	NV Supplement (Hot Beverage, Fruit Drink or Shake)	1	1	1
Lunch <i>(approx. 275 calories)</i>	Group 1 or 3 - Protein	1	1	1
	Starch	1	1	1
	Vegetable	3	3	3
P.M. Snack <i>(approx. 145 calories)</i>	NV Supplement (Soup, Fruit Drink, Pudding or Shake)	0	1	0
	NV Nutrition Bar	1	0	1
	Fruit	0	1	0
Dinner <i>(approx. 530 calories)</i>	NV Pasta Entree	0	0	1
	Group 3 Protein	2	2	1
	Starch	3	3	2
	Vegetable	2	2	2
Evening Snack <i>(approx. 80 calories)</i>	NV Supplement (Hot Beverage, Pudding or Shake)	1	1	1

FOODS PER DAY MAY BE ARRANGED TO MEET PERSONAL PREFERENCES

FRUITS <i>(approximately 60 calories)</i>	VEGETABLES <i>(approximately 25 calories)</i>	GROUP 1 - Protein/Lean Meat	GROUP 3 - Protein/Starch
Apple 1 small	½ cup cooked or 1 cup raw	2 oz. Low-fat Cheese	(1/2 cup - cooked)
Apricots 3 med.	Alfalfa Sprouts	6 oz. Low-fat Cottage Cheese	Soybeans
Blackberries ¾ cup	Cauliflower	1 egg + 1 oz Low-fat Cheese	White Beans
Blueberries ¾ cup	Celery	2 eggs, medium	Split Peas
Boysenberries ¾ cup	Chard, swiss	1 egg + 2 egg whites	Kidney Beans
Cantaloupe 1 c cubes	Cucumber	Ricotta Cheese -w/ skim 3 oz	Pinto Beans
Cranberry Juice ½ cup	Bean Sprouts		Lentils
Grapefruit ½ med.	Beets		
Peach 1 med.	Broccoli		
Pear 1 small	Brussels Sprouts		
Pineapple ¾ cup	Cabbage		
Orange 1 small	Carrots		
Raspberries 1 cup	Green Beans		
Strawberries 1 cup	Green Onion		
Tangerine 1 med.	Zucchini		
Watermelon 1 cup			
	STARCH <i>(approximately 80 calories)</i>	GROUP 2 - Protein/Fat	
	Bulgur 1/2 cup	Medium or High Fat <i>(4 times/week - nuts approximately. 1 oz)</i>	
	Couscous 1/3 cup	Tofu ¾ cup	Sesame Seeds 3 Tbsp
	Rice 1/3 cup	Almonds 3 Tbsp	Filberts 3 Tbsp
	Oats, cooked 1/2 cup	Peanuts 3 Tbsp	Cashews 3 Tbsp
	Pasta 1/2 cup	Pecans 3 Tbsp	Peanut Butter 2 Tbsp
		Walnuts 10 halves	Sunflower Seeds 3 Tbsp
		Pumpkin Seeds ½ cup	

* HIGH NUTRIENT SUPPLEMENTS:

FRUIT DRINKS: ORANGE, PINEAPPLE APRICOT, LEMONADE, PINK GRAPEFRUIT; **SOUPS:** CREAM OF MUSHROOM, SAVORY BEEF[†], HOMESTYLE CHICKEN WITH NOODLES[†]; CREAM OF CHICKEN[†]; **HOT DRINKS:** CREAMY HOT COCOA, VANILLA CAFE AU LAIT, CAFE AMARETTO
PUDDINGS: DOUBLE CHOCOLATE, VANILLA CREME, BANANA CREME, OLD FASHIONED RICE PUDDING; **SHAKES:** CREAMY VANILLA, CREAMY CHOCOLATE, BANANA FROSTED, PINA COLADA FROSTED; **CEREAL:** OATMEAL WITH APPLES AND CINNAMON; CRISP AND CRUNCHY MULTIGRAIN CEREAL;
NUTRITION BARS: PEANUT BUTTER, DOUBLE CHOCOLATE, CHOCOLATE MINT, OATMEAL CINNAMON RAISIN
PASTA ENTREES: MACARONI AND CHEESE, FETTUCINI ALFREDO, CREAMY CHICKEN PASTA*, TOMATO PASTA

[†] The Beef and Chicken Flavored Products contain no added pieces of meat - they may contain natural flavors derived from meat products.

VEGETARIAN MEAL PLAN NUTRITIONAL PARAMETERS
1200 CALORIES - THREE SUPPLEMENTS
BASED ON THE ADA EXCHANGE SYSTEM

	CALORIES	PROTEIN	CARBOHYDRATE	FAT
BREAKFAST				
ONE Protein - Group 1 (Group 2)	120 (160)	14 g (7 g)	1 g (5 g)	6 g (15 g)
ONE Starch	80	3 g	15 g	≤1 g
ONE Fruit	60	-	15 g	-
<i>Sub-Total</i>	<i>260-300 calories</i>	<i>10-17 grams</i>	<i>31-35 grams</i>	<i>6-15 grams</i>
AM SNACK				
ONE SUPPLEMENT	80	12 g	7 g	1.5 g
LUNCH				
ONE Protein - Group 1 (Group 3)	120 (120)	14 g (7 g)	1 g (20 g)	6 g (1 g)
ONE Starch	80	3 g	15 g	≤1 g
TWO Vegetables	50	4 g	10 g	-
<i>Sub-Total</i>	<i>250 calories</i>	<i>14-21 grams</i>	<i>26-45 grams</i>	<i>1-6 grams</i>
PM SNACK				
ONE NUTRITION BAR	150	10 g	20 g	5 g
ONE SUPPLEMENT plus ONE Fruit	(140)	(12) g	(22 g)	(1.5 g)
<i>Sub-Total</i>	<i>140-150 calories</i>	<i>10-12 grams</i>	<i>20-22 grams</i>	<i>1.5-5 grams</i>
DINNER				
ONE Protein- Group 3	120	7 g	20 g	1 g
TWO Starch	160	6 g	30 g	≤2 g
TWO Vegetables	50	4 g	10 g	-
<i>Sub-Total</i>	<i>330 calories</i>	<i>17 grams</i>	<i>60 grams</i>	<i>2 grams</i>
EVENING SNACK				
ONE SUPPLEMENT	80	12 g	7 g	1.5 g
TOTALS	1180-1230 calories	50-57 grams	90-113 grams	2-25 grams

<i>Percent of Calories:</i>	<i>Typical Range Depending on Food Choices</i>	<i>25-35%</i>	<i>50-55%</i>	<i>15-20%</i>
	<i>Target</i>	<i>25% (minimum)</i>	<i>55%</i>	<i>20%</i>

Substitutions used in options B and C

<i>NN Breakfast Cereal exchanges for 1 starch</i>	120	10 g	22 g	1.5 g
<i>NN Pasta Entree exchanges for 1 protein 3 and 1 starch</i>	220	12 g	35 g	4 g

VEGETARIAN MEAL PLAN NUTRITIONAL PARAMETERS
1500 CALORIES - THREE SUPPLEMENTS
BASED ON EXCHANGES

	CALORIES	PROTEIN	CARBOHYDRATE	FAT
BREAKFAST				
ONE Protein- Group 1 (Group 2)	120 (160)	14 g (7 g)	1 g (5 g)	6 g (15 g)
One Milk: skim, nonfat <i>(or one additional NN supplement)</i>	90	8 g	12 g	0-3 g
ONE Starch	80	3 g	15 g	≤1 g
ONE Fruit	60	-	15 g	-
<i>Sub-Total</i>	<i>350-390 calories</i>	<i>18-25 grams</i>	<i>43-47 grams</i>	<i>6-18 grams</i>
AM SNACK				
ONE SUPPLEMENT	80	12 g	7 g	1.5 g
LUNCH				
ONE Protein - Group 1 (Group 3)	120 (120)	14 g (7 g)	1 g (20 g)	6 g (1 g)
ONE Starch	80	3 g	15 g	<1 g
THREE Vegetables	75	6 g	15 g	-
<i>Sub-Total</i>	<i>275 calories</i>	<i>13-23 grams</i>	<i>31-50 grams</i>	<i>1-6 grams</i>
PM SNACK				
ONE NUTRITION BAR	150	10 g	20 g	5 g
ONE SUPPLEMENT plus One Fruit	(140)	(12) g	(22 g)	(1.5 g)
<i>Sub-Total</i>	<i>140-150 calories</i>	<i>10-12 grams</i>	<i>20-22 grams</i>	<i>1.5-5 grams</i>
DINNER				
TWO Protein - Group 3	240	14 g	40 g	2 g
TWO Starch	240	9 g	45 g	<3 g
TWO Vegetables	50	4 g	10 g	-
<i>Sub-Total</i>	<i>530 calories</i>	<i>27 grams</i>	<i>95 grams</i>	<i>2-5 grams</i>
EVENING SNACK				
ONE SUPPLEMENT	80	12 g	7 g	1.5 g
TOTALS	1480-1530 calories	50-57 grams	90-113 grams	2-25 grams

<i>Percent of Calories:</i>	<i>Typical Range Depending on Food Choices</i>	<i>25-35%</i>	<i>50-55%</i>	<i>15-20%</i>
	<i>Target</i>	<i>25% (minimum)</i>	<i>55%</i>	<i>20%</i>

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