

CHO CONTROLLED(300 gms)

6, 6, 6, 2 CHO Choices

Item	Kcals	CHO (g)	Protein (g)	Fat (g)	Cholesterol (mg)	Na (mg)
Breakfast						
4 oz Orange Juice	40	10	1	0	0	1
½ cup Oatmeal	300	55	10	5	0	0
2 Tbsp Raisins	60	16	0.5	0	0	0
2 slices French Toast	318	40	12	12	155	525
2 Tbsp SF Syrup	90	0	0	0	0	5
1 tsp Margarine	33	0	0	3.6	0	35
8 oz Milk (2%)	125	12	8	5	20	115
Coffee	0	0	0	0	0	0
Lunch						
1 cup Tomato Soup (Low Na)	80	19	2	1	21	120
3 oz Rst. Turkey Breast	125	0	25	2	68	84
2 slices whole wheat bread	181	31	9	2.5	0	328
1 oz swiss cheese	83	0.3	6	6.5	20	40
2 leaves lettuce	7	1	0.5	0	0	12
2 tsp mayonnaise	63	0.1	0.1	7	4	58
½ cup zucchini	25	5	1.2	0	0	0
½ cup macaroni salad	270	27	4	16	35	330
1 ct SF Orange Jello	10	0	1	0	0	45
8 oz milk (2%)	125	12	8	5	20	115
Dinner						
1 cup vegetable soup (Low Na)	100	20	3	1	0	190
3 oz Baked Cod	77	0	16	1	17	130
½ cup steamed broccoli	15	2	0.5	0	0	10
1 baked potato	80	18	2	0.1	0	17
1 wheat dinner roll	117	20	4	3	0	225
2 Tbsp margarine	100	0	0	11	0	105
1 ct SF Pudding	60	0	2	1.5	0	170
8 oz milk (2%)	125	12	8	5	20	115
Tea	0	0	0	0	0	0
TOTALS	1,955	253	100	65	147	1,870