

LOW SODIUM/ 2 NA

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	54	10	5	0	0
2 Tbsp Raisins	60	16	1	0	0	0
2 slices French Toast	318	40	12	12	155	525
2 Tbsp Syrup	105	26	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	180	31	9	2.5	0	325
1 oz swiss cheese	82	0.5	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 lg chocolate chip cookie	200	28	2	9	5	220
8 oz 2% milk	125	12	8	5	20	115
Dinner						
1 cup vegetable soup (Low Na)	100	20	3	1	0	190
3 oz Baked Cod	77.4.	0	16	0.8	16.7	130
½ cup steamed broccoli	15	2	0.5	0	0	10
1 baked potato	160	36	4.3	0.2	0	17
1 wheat dinner roll	117	20	4	3	0	225
2 Tbsp margarine	33	0	0	3.6	0	35
1 slice apple pie	340	43	3	17	0	160
8 oz milk (2%)	125	12	8	5	20	115
Tea	0	0	0	0	0	0
TOTALS	1,885	261	89	64	157	1,600