

## LOW CHOLESTEROL 200 mg cholesterol

Item	Kcals	CHO (g)	Protein (g)	Fat (g)	Cholesterol (mg)	Na (mg)
<b>Breakfast</b>						
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 Syrup	90	0	0	0	0	5
1 tsp Margarine	100	0	0	11	0	105
8 oz Milk (skim)	80	12	8	0	5	120
Coffee	0	0	0	0	0	0
<b>Lunch</b>						
1 cup Tomato Soup (low Na)	100	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	0.5	6	6.5	20	40
2 leaves lettuce	7	1	0.6	0	0	0
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 milk (skim)	80	12	8	0	5	120
<b>Dinner</b>						
1 cup vegetable soup (low Na)	100	20	3	1	0	190
3 oz Baked Cod	78	0	16	1	17	130
½ cup steamed broccoli	15	2	0.5	0	0	10
1 baked potato	161	37	4	0.2	0	17
1 wheat dinner roll	117	20	4	3	0	225
2 Tbsp margarine	100	0	0	11	0	105
1 cup sliced apple	40	9	0	0	0	3
8 oz milk (skim)	80	12	8	0	5	120
Tea	0	0	0	0	0	0
<b>TOTALS</b>	<b>1,955</b>	<b>253</b>	<b>100</b>	<b>65</b>	<b>147</b>	<b>1,870</b>