

Food and Calcium. Chinese-American Foods Sample Meal Plans

Day One

Breakfast

2 bowls chicken congee (rice congee,
2 tbsp. chicken)
½ cup stir-fry bok choy
Plain tea

Lunch

1 bowl pork broth with Chinese herbs
(fat skimmed)
Stir-fried beef with broccoli (2 tsp. Lean
beef, ½ cup broccoli, 2 tsp. veg. oil)
Steamed egg with minced lean pork
(1 tbsp. green onion)
1 cup boiled spinach, 1 tsp. fish sauce
1 cup rice
1 small apple
Plain tea

Dinner

1 bowl spinach and tofu soup (1 cup
boiled spinach, ½ cup tofu processed
with calcium sulfate)
Stir-fried beef with bok choy (2 oz. lean
beef with bok choy, 2 tsp. oil)
1 tbsp. fish sauce
1 cup stir-fried broccoli
1 cup rice
1 medium orange
Plain tea

Meal Analysis

Calories	1,700
Calcium	1,635 mg
Protein	100 mg
Fat	50 g
Carbohydrates	220 g
Cholesterol	400 mg
Sodium	2,000 mg
Dietary fiber	16 mg

Day Two

Breakfast

2 bowls beef congee (rice congee,
1 oz. lean beef)
½ cup stir-fried Chinese broccoli
Plain tea

Lunch

1 bowl chicken broth (fat skimmed); with
Chinese herbs and mustard greens
Stir-fried chicken with cellophane
noodles (2 oz. chicken, ½ cup
noodles, 2 tsp. corn or veg. oil)
3 steamed vegetable wontons (3 won-
ton wrappers, ½ cup spinach, ½
cup carrots)
1 cup rice
1 orange
Plain tea

Dinner

1 bowl mustard greens and fish soup
(1 cup greens, 2 oz. fish)
Stir-fried tofu with broccoli and
mushrooms (1/2 cup calcium-sulfate
processed tofu, 1 cup broccoli, ½
cup mushrooms)
1 cup rice
1 cup grapes
Plain tea

Meal Analysis

Calories	1,900
Calcium	1,075 mg
Protein	100 g
Fat	115 g
Carbohydrate	370 g
Cholesterol	125 mg
Sodium	3,065 mg
Dietary fiber	33 g