

Food and Calcium Hispanic/Latino Foods Sample Meal Plans

Day One

Breakfast

1 plantain
1 cup instant oatmeal
2 ounces white cheese
8 oz. coffee with 4 oz. low-fat milk

Lunch

6 oz. salmon patties
1 cup black beans
1 sweet potato, baked
8 oz. water, diet soda or iced tea

Dinner

4 oz. salted cod
1 cup rice
1 cup kidney beans
1 tossed salad
1 cup low-fat milk
1 orange

Meal Analysis

Calories	2,025
Calcium	1,595 mg
Protein	130 mg
Fat	40 g
Carbohydrates	290 g
Cholesterol	240 mg
Sodium	4,165 mg
Dietary fiber	36 mg

Day Two

Breakfast

1/3 cup boiled beans with chili sauce
2 corn tortillas
8 oz. coffee with 3 oz. low-fat milk

Lunch

2 cups chicken soup with assorted
vegetables and 2 oz. chicken
2 corn tortillas
1/3 cup white rice or 1/2 cup pasta,
fried in 1/2 tsp. oil
8 oz. water, diet soda or iced tea

Dinner

3 oz. grilled beef with onion cooked
in 1 tsp. oil
2 tbsp. chili sauce
1/3 cup Mexican rice, fried in 1 tsp.
oil
2 corn tortillas
1 1/2 cups lettuce and tomato salad
with lemon juice and chili sauce
1 medium orange
1 cup low-fat milk

Meal Analysis

Calories	1,900
Calcium	900 mg
Protein	90 g
Fat	45 g
Carbohydrate	230 g
Cholesterol	150 mg
Sodium	2,700 mg
Dietary fiber	27 g