

Food and Calcium Sample Meal Plans

Day One

Breakfast

1 slice toast
1 cup cocoa (made with fat-free milk)
1 cup oatmeal with raisins
1 cup calcium-fortified orange juice

Lunch

2 slices whole wheat bread
3 ounces sliced turkey
1 ounce sliced Swiss cheese
1 tbsp. spicy mustard
Sliced lettuce and tomato
1 cup low-fat fruit yogurt
1 piece of fresh fruit

Dinner

4 ounces broiled salmon
1 baked potato with $\frac{1}{2}$ cup yogurt
1 cup cooked broccoli
1 mixed green salad
 $\frac{1}{2}$ cup low-fat frozen yogurt

Meal Analysis

Calories	2,110
Calcium	1,740 mg
Protein	105 mg
Fat	30 g
Carbohydrates	370 g
Cholesterol	140 mg
Sodium	2,475 mg
Dietary fiber	28 mg

Day Two

Breakfast

1 $\frac{1}{2}$ cups cereal
1 cup fat-free milk
1 banana
 $\frac{1}{2}$ cup cranberry juice

Lunch

1 whole wheat roll
1 cup black bean soup
Garden salad with balsamic vinegar &
one oz. part-skim shredded mozzarella
cheese
1 cup low-fat fruit yogurt

Dinner

2 cups spaghetti noodles
1 cup low-sodium tomato sauce
 $\frac{1}{2}$ cup cooked broccoli
2 tbsp. Parmesan cheese

Meal Analysis

Calories	1,970
Calcium	1,545 mg
Protein	80 g
Fat	45 g
Carbohydrate	325 g
Cholesterol	145 mg
Sodium	3,000 mg
Dietary fiber	26 g