



# Menu for 1300 Kilocalories Mediterranean Style Diet Gluten Free

**Diet Prescription**  
  
**Total Kcal 1300**  
**50% Carbohydrates**  
**20% Protein**  
**30% Fat**

Food Group	No of Servings
Milk	2
Vegetables	4
Fruit	3
Carbs	5
Meat/ Meat Substitutes	4
Fats *	3

Meal	Foods
<b>Breakfast</b> 2 Carb  1 Milk 1 Fruit 1 Fat	Cereal 1 cup gluten free cereal ( Organic Maple Buckwheat flakes from Arrowhead Mills) or 1 cup Corn Flakes (Nature's Path) 1 cup nonfat milk ½ banana sliced 4 walnut halves
<b>Snack</b> 1 Fruit	½ banana or 1 sm apple or 1/2 mango
<b>Lunch</b> 1/2 Milk 1 Veggie 1 Carb 2 Meat	1/2 cup kefir or 1/2 cup skim milk or 1/2 cup plain nonfat yogurt Tomato slices 1 slices gluten free bread 2 oz skinless chicken breast + 1 TBS fat free mayonnaise
<b>Snack</b> 1 Fruit	1 sm orange
<b>Dinner</b> 3 Veggies 2 Meat 1 Carb	1 cup salad 6oz tofu + plus 1 cup veggies stir fry in olive oil (alternately 2 oz fish or chicken baked) 1/4 cup cooked rice, or gluten free pasta
<b>Snack</b> 1 Carb 1/2 milk	Tapioca (2/3 cup)

\* Fat: 43 grams of fat are allowed. Choose low-fat and non-fat dairy and lean meats. Use olive oil or canola oil for salads and for stir-frying. If you choose higher fat dairy and meats, do not add additional oil to your menu items.

# SERVING SIZES OF SELECTED FOODS

## Fruit: One serving equals:

sm	Apple, banana, orange, nectarine
1 med	Fresh peach
17 sm	Grapes
1/2	Grapefruit
1/2	Mango
1 cup	Fresh berries (strawberries, raspberries or blueberries)
1 cup	Fresh melon cubes
1/8	Honeydew melon
4 oz	Unsweetened Juice
4 tsp	Jelly or Jam

## Fats - 5 grams of fat per serving. One serving equals:

1 tsp	Oil (vegetable, corn, canola, olive, etc.), Butter, Stick margarine
1 tsp	Mayonnaise
1 TBS	Reduced fat margarine or mayonnaise
1 TBS	Salad dressing
1 TBS	Cream cheese
2 TBS	Lite cream cheese
1/8th	Avocado
8 large	Black olives
10 large	Stuffed green olives
1 slice	Bacon

## Gluten free carbs: One serving equals:

1 slice	Gluten free
2 slice	Reduced calorie or "lite" gluten free Bread
1/4 (1oz)	Gluten free Bagel
3/4 cup	Cold cereal
1/3 cup	Rice, brown or white- cooked
1/3 cup	Legumes (dried beans, peas or lentils)- cooked
1/2 cup	Pasta—gluten free cooked
<b>1/2 cup</b>	Quinoa—cooked
1/2 cup	Corn, sweet potato or green peas
3 oz	Baked sweet or white potato Tapioca
3 cups	Popcorn, hot air popped or microwave (80% light)

## Very Lean Protein 1 gram of fat per serving. One serving equals:

1 ounce	Turkey breast or chicken breast, skin removed
1 ounce	Fish fillet (flounder, sole, scrod, cod, etc.)
1 ounce	Canned tuna in water
1 ounce	Shellfish (clams, lobster, scallop, shrimp)
3/4 cup	Cottage cheese, non fat or low fat
2 each	Egg whites
1/4 cup	Egg substitute
1 oz	Fat-free cheese
1/2 cup	Beans- cooked (black beans, kidney, chick peas or lentils): count as 1 starch/bread and 1 very lean protein

## Lean Protein 2-3 grams of fat per serving. One serving equals:

1 oz	Chicken- dark meat, skin removed
1 oz	Turkey- dark meat, skin removed
1 oz	Salmon, Swordfish, herring
1 oz	Lean beef (flank steak, London broil, tenderloin, roast beef) Veal, roast or lean chop Lamb, roast or lean chop Pork, tenderloin or fresh ham
1 oz	Low fat cheese (3 grams or less of fat per ounce)
1 oz	Low fat luncheon meats (with 3 grams or less of fat per ounce)
1/4 cup	4.5% cottage cheese

## Medium Fat Proteins 5 grams of fat per serving. One serving equals:

1 oz	Beef (any prime cut), corned beef, ground beef, Pork chop
1 each	Whole egg (medium)
1 oz	Mozzarella cheese
1/4 cup	Ricotta cheese
4 oz	Tofu (note this is a Heart Healthy choice)

## Fat-Free and Very Low-Fat Milk: One serving equals:

1 cup	Milk, fat-free or 1% fat
3/4 cup	Yogurt, plain non fat or low fat
1 cup	Yogurt, artificially sweetened

## Vegetables: One serving equals:

1/2 cup	Cooked vegetables (carrots, broccoli, zucchini, cabbage, etc.)
1 cup	Raw vegetables or salad greens
1/2 cup	Vegetable juice