Herrin Food Plan

**Breakfast**
- Calcium
- Complex Carbohydrates
- Fruit or Vegetable
- Protein (optional)
- Fat (optional)

**Snack**

**Lunch**
- Calcium
- Complex Carbohydrates
- Fruit or Vegetable
- Protein
- Fat
- "Fun Food"

**Snack**

**Dinner**
- Calcium
- Complex Carbohydrates
- Fruit or Vegetable
- Protein
- Fat
- "Fun Food"

**Snack**

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Normal serving size usually is one cup or twice the size indicated on food labels.

**Calcium Suggestions** (1 serving = 300-500 mg)
- milk, yogurt, cheese, frozen yogurt, tofu, calcium supplement

**Complex Carbohydrate Suggestions**
- cereal, bagels, bread, crackers, rice, potatoes, pasta, corn

**Fat Suggestions**
- butter, margarine, peanut butter, cheese, cream cheese, salad dressing, mayonnaise, sauces, muffins, bacon, nuts, olives, avocado, egg yolks, fried/sautéed foods, chips, ice cream, some meats

**Fruit or Vegetable Suggestions**
- any fresh, cooked, dried, canned, or juiced fruits or vegetables

"Fun Food" Suggestions
- any dessert, cookies, cake, ice cream, pudding, doughnuts, croissants, candy bars, chips, fries, non-diet soda

**Protein Suggestions** (1 serving = 20 grams of protein)
- meat, fish, poultry, eggs, cottage cheese, Greek yogurt (1 cup), cheese, dried beans, hummus, tofu, tempeh, peanut butter, other nut butters

**Snack Suggestions**
- calcium, complex carbohydrates, fruit or vegetable, protein, fat, fun food

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