

Sample Menu Plans: Days 5-6

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 5

| Breakfast | Lunch | Dinner |
|---|---|---|
| <ul style="list-style-type: none"> ■ cranberry juice (½ cup) (0 mg) ■ English muffin (one-half) (200 mg) ■ tub margarine (1 tsp.) (30 mg) ■ cold cereal (1 cup) (160 mg) ■ skim milk (4 oz.) (47.5 mg) ■ coffee or tea (0 mg) | <ul style="list-style-type: none"> ■ grilled cheese with 1 oz. American cheese made with thin-sliced whole wheat bread (410 mg) or regular-sliced whole bread (550 mg) ■ low-sodium soup (1 cup) (100 mg) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ fruit juice (½ cup) (0 mg) ■ skim milk (4 oz.) (47.5 mg) | <ul style="list-style-type: none"> ■ herbed chicken (4 oz.) (80 mg) ■ mashed potatoes (1 cup) (5 mg) ■ tub margarine (1 tsp.) (30 mg) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ skim milk (4 oz.) (47.5 mg) |
| <ul style="list-style-type: none"> ■ Snack between breakfast and lunch: pineapple chunks (1 cup) (0 mg). ■ Snack between lunch and dinner: melon (quarter of a whole) (0 mg). ■ Snack after dinner: fruit shake (4 oz. milk and ½ cup fruit) (47.5 mg). | | |

Day 6

| Breakfast | Lunch | Dinner |
|---|---|---|
| <ul style="list-style-type: none"> ■ grapefruit (one-half) (0 mg) ■ low-sodium pancakes: homemade with low-sodium baking powder (4 medium) (150 mg) (See recipe on page 68.) ■ syrup (2 Tbsp.) (0 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) | <ul style="list-style-type: none"> ■ seafood salad with low-sodium tuna (3 oz.) (270 mg) (See recipe on page 69.) ■ pita pocket (6 oz.) (230 mg) ■ mixed greens (1 cup) (0 mg) ■ diet pop (40 mg) ■ skim milk (47.5 oz.) | <ul style="list-style-type: none"> ■ spaghetti, no salt (2 cups) (5 mg) ■ low-sodium sauce (1 cup) (80 mg) ■ French bread, thin-sliced (1 slice) (165 mg) ■ tub margarine (2 tsp.) (30 mg) ■ broccoli (1 cup) (65 mg) ■ salad (2 cups) with low-sodium dressing (2 Tbsp.) (175 mg) ■ skim milk (4 oz.) (47.5 mg) |
| <ul style="list-style-type: none"> ■ Snack between breakfast and lunch: light popcorn (2 cups) (75 mg). ■ Snack between lunch and dinner: kiwi (1) (0 mg). ■ Snack after dinner: frozen yogurt (1 cup) (110 mg). | | |

Actual sodium content will vary according to choices and the way you prepare the food.

Sample Menu Plans: Day 7

Tbsp. = tablespoon tsp. = teaspoon oz. = ounces mg = milligrams of sodium per serving

Day 7

| Breakfast | Lunch | Dinner |
|--|---|--|
| <ul style="list-style-type: none"> ■ fruit cup (½ cup) (0 mg) ■ French toast (1 slice) (150 mg) ■ syrup (1 Tbsp.) (0 mg) ■ skim milk (8 oz.) (95 mg) ■ coffee or tea (0 mg) | <ul style="list-style-type: none"> ■ low-sodium peanut butter (1 Tbsp.) and jelly (1 Tbsp.) sandwich with thin-sliced, 45-calorie bread (2 slices bread): (215 mg) or if regular-sliced bread (355 mg) ■ salad (2 cups) with low-sodium dressing (1 Tbsp.) (175 mg) ■ iced tea (0 mg) | <ul style="list-style-type: none"> ■ fresh turkey with no salt (4 oz.) (0 mg) and low-sodium gravy (2 oz.) (120 mg) ■ brown rice (⅔ cup) (5 mg) ■ vegetables (1 cup) (15 mg) ■ cranberry sauce (½ cup) (0 mg) ■ tub margarine (1 tsp.) (30 mg) ■ skim milk (8 oz.) (95 mg) |
| <ul style="list-style-type: none"> ■ Snack between breakfast and lunch: rice cakes (2) (15 mg). ■ Snack between lunch and dinner: 2 cookies (3-inch diameter) (110 mg). ■ Snack after dinner: low-sodium pudding (½ cup) single serving package (90 mg) if instant from a box (200 mg or more). | | |

Actual sodium content will vary according to choices and the way you prepare the food.